Gresham. Bulkeley.

THE CASTELL OF HELTH

CORRECTED AND IN SOME places augmented, by the first author therof, sir Thomas Elyot knight the yere of our lord 1541.

1534

THE PROHEME OF SYR THOMAS ELIOT knight into his boke called the Castell of Helth.

GALENE THE moste excellent Phisicion feared, that in writing a compendiouse doctrine for the curynge of sickenesse, he shoulde loose all his labour, for as muche as no manne almost dydde endeuour hym selfe to the findyng of truth, but that all men dydde so much esteme riches, possessions, authorites, and pleasures, that they supposed them, which were studious in any part of Sapience, to be madde or distract of their wittes, for as muche as they demed the chiefe sapience, which is in knowlage of thinges belonging as well to god as to man, to haue no beyng. Sens this noble writer foud that lacke in his time, whan there flourished in sundry countreis a great multitude of men excellent in all kindes of lerning, as it yet doth appere by some of their workes, why should I be greued with reprooches, wherwith some of my countrei do recompēce me, for my laboures take without hope of temporall reward, only for the feruent affection, whiche I haue euer borne toward the publike weale of my countrei: a worthy matter saith one, syr Thomas Eliot is become a phisicion, and writeth in phisicke, which beseemeth not a knight, he mought haue beene

muche

muche better occupied. Truely if they wyll call hym a phisicion, whiche is studiouse about the weale of his countrey, I witsaufe thei so name me, for durynge my life I will in that affection alwaie continue. And why, I pray you, should men haue in disdaine or small reputacio the science of phisicke? which being well vnderstand, truly experienced, & discretely ordred, doth conserue helth, without the whiche all pleasures be peinefull, ryches vnprofitable, companie annoiance, strength turned to febleneſſe, beauty to lothsomnes, sences are dispersed, eloquence interrupted, remembraunce confounded, whiche hath ben consydered of wyse men, not onely of the priuate estate, but also of emperors, kinges, and other great princes, who for the vniuersall necessitee and incomparable vtilitee, whiche they perceiued to be in that science of phisicke, thei did not only aduaunce and honour it with special priuiledges, but also diuers and many of theim were therin right studiouse, in so muche as Juba the kynge of Mauritania and Libya, founde out the vertous qualitees of the herbe called Euforbium. Gentius kynge of Illiria, found the vertues of Gentian. The herbe Lysimachia, tooke his name of kynge Lysimachus. Mithridates the great kyng of Ponthus, found fyrst the vertues of Scordion and also inuented the famouse medycyne agaynste poyson, called Mythridate. Artheniſia queene of Caria founde the vertues of Motherwoorte whiche in latyne beareth hir name, wherby hir noble renoume hath lenger continued, than by the makyng of the famouse monument ouer

hir dead husband called Mausoleum, although it were reckned among the wonderfull worke, of the worlde, and yet hir name with the saide herbe still abideth, whiles the said monument a thousand yeares passed, was vtterly dissolued. It seemeth, that phisicke in this realme, hath been well esteemed, sens the hole studie of Salern, at the request of a kyng of England, wrate and set foorth a compendious and profitable treatise, called the Gouernance of helth, in latine Regimen sanitatis. And I trust in almightie God, that our soueraigne lorde the kynges maiestie, who daiely prepareth to stablishe among vs true and vncorrupted doctrines, will shortly examine also this part of studie, in such wise as thinges apt for medicine, growynge in this realme, by conference with most noble authors may be so knowen, that we shal haue lesse nede of thinges brought out of farre countreis, by the corruption wherof, innumerable people haue perished, without blame to be geuen to the physicions, sauyng onely, that some of them not diligent inough in beholdyng thir drugges or ingredience at all tymes dispensed and tried. ¶ Beslydes the saide kynges, whom I haue rehersed, other honorable personages haue written in this excellent doctrine, and not only of the speculatiue part, but also of the practise therof: whose workes do yet remaine vnto their glorie immortall, as Auicena, Auenzoar, Rasis, Cornelius Celsus, Serenus, and whiche I should haue first named Machaon, and Podalirius, noble dukes in Grecia, whiche came to the siege of troy, and brought with them, xxx. great shippes

pes with men of warre. This well considered, I take it for no shame to studie that science, or to set foorth any bookes of the same, beyng thereto prouoked by the moste noble and vertuouse exaumple of my moste noble maister kyng Henrie the. viii. whose helth I hertily pray god as long to preserue, as god hath constitute mans life to continue, for his highnesse hath not disdemed to be the chiefe author and setter foorth of an Introduction into grammer, for the childzen of his louyng subiectes, wherby, hauyng good maysters, thei shall most easily and in short tyme apprehend the vnderstandyng and forme of speakyng of true and eloquent latine. O roiall hert, full of very nobilitee. O noble breast, settynge foorth vertuous doctrine, and laudable studie. But yet one thyng muche greueth me, that notwithstandyng I haue euer honoured, and specially fauored the reuerend colledge of approued phisicions, yet some of them herynge me spoken of, haue saide in derision, that although I were pretily seene in histories, yet being not lerned in physicke, I haue put in my booke diuers errours, in presumyng to write of herbes and medicines. First as concernyng hystories, as I haue planted them in my workes, being wel vnderstand, they be not so light of importance as they doe esteme them, but may more surely cure mens affections, than diuers phisicions do cure maladies. For whan I wrate first this boke, I was not all ignoraunt in phisicke. For before that I was twentie yeres olde, a worshipfull physicion, and one of the moste renoumed at that time in England, perceiuing me by nature

enelyned to knowlage, radde vnto me the wor-
kes of Galene of temperamentes, naturall fa-
cultees, the introduction of Johannicius, with
some of the Aphorismes of Hippocrates. And
afterward by mine owne studie, I radde ouer in
order the more part of the workes of Hippocra-
tes, Galenus, Oribasius, Paulus Celius, Alex
ander Trallian⁹, Celsus, Plinius the one and
the other, with Dioscorides. Nor I dyd omitte
to read the long canones of Auicenna, the com-
mentaries of Auerrois, the practises of Isake,
Haliabbas, Rasis, Mesue, and also the more
parte of them whiche were their aggregatours
and folowers. And although I haue neuer bene
at Mountpellier, Padua, nor Salern, yet haue
I found some thyng in physicke, wherby I haue
taken no littell profite concernyng myne owne
helth. Moreouer I wote not why Physicions
should be angrie with me, sens I wrate and did
set forth the Castell of helth for their commodi-
tee, that the vncertaine tokens of vrines, and
other excrementes should not deceiue them, but
that by the true informacion of the sicke man,
by me instructed, they might be the more sure to
prepare medicines conuenient for the diseases.
Also to the intent that men obseruyng a good
order in diete, and preuentyng the great causes
of sickneſſe, they shoulde of those maladies the
soner be cured. But if physicions be angry, that
I haue written physicke in englishe, let them re-
member that the grekes wrate in greke, the Ro-
mains in latine, Auicenna, and the other in Ara
bike, whiche were their owne proper and mater-
nall tongues. And if thei had bene as muche at-

ta-

tached with enuie and couetise, as some nowe seeme to be, they wolde haue deuised some pertieuler language, with a strange cipher or forme of letters, wherin they wold haue written their sentence, whiche language or letters no manne should, haue knowen that had not professed and practised physicke. But those, although they were Paynims and Iewes, in this part of charitee, they farre surmounted vs christians, that they would not haue so necessarie a knowlage as physicke is, to be hidde from them, whiche would be studiouse about it.

¶ Finally God is my iudge, I write neither for glorie, reward, nor promotion, onely I desire men to deme well mine intent, sens I dare assure them, that all that I haue writtyn in this boke, I haue gathered of the most principall writers in physicke. Whiche being throughly studied & wel remembred, shall be profitable (I doubt not) vnto the reader, and nothing noyouse to honest physicions, that dooe measure their studie, with moderate liuing and christen charites.

The table.

YT MVST BE remembred, that the nomber in the Table, doth signifie the leafe, and the letter A, dooeth signifie the first page or syde, the letter B, the seconde page or side.

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Thus endeth the Table.

TO the conſeruacion of the bodie of mankynde, within the limitacion of helth, whi=che (as Galene ſaieth) is the ſtate of the bodie, wherein we be neither greeued with peyne, nor let from doeynge our neceſſarie buſineſſe. do=eth belong the diligent con=ſideracion of three ſortes of thinges. that is to ſaie.

Thinges Naturall,
Thinges not Naturall, and
Thinges againſt Nature.

¶ Thinges naturall be. vii. in numbre.

Elementes
Complexions
Humours.
Membres
Powers
Operacions and
Spirites.

¶ Theſe be neceſſarie to the beyng of heleth, ac=cordyng to the order of their kynde, and be al=waie in the naturall body.

¶ Thynges not naturall be. vi. in numbre.

Ayre
Meate & drinke
Slepe & watche
Weuyng & reſte
Emptines & re=plecion and
Affections of the minde.

¶ Thynges againſt nature be three.

Sickneſſe.
Cauſe of ſickneſſe.
Accident, which faloweth ſickneſs.

¶ An=

Annexed to thinges naturall.

Age. Fygure, and
Colour. Diuersitee of kindes.

The elementes be those original thinges vnmyxte and vncompound, of whose temperance and myxture, all other thinges hauyng corporall substaunce be compact: Of them be foure that is to saie.

Earth,
Water,
Ayre, and
Fyre.

Earth is the moste grosse and ponderouse element, and of hir proper nature is colde and drie.

Water is more subtill and light than earth, but in respect of Ayre and Fyre, it is grosse and heauye, and of hir propre nature is colde and moyste.

Ayre is more light and subtill than the other two, and beyng not altered with any exteriour cause, is properly hotte and moyste.

Fyre, is absolutely light and cleere, and is the clarifier of other elementes, if they be viciate or out of their naturall temperaunce, and is properlie hotte and drie.

This is to be remembred, that none of the said elementes be commonly seene or felt of mortall men, as they are in their originall beynge: but they whiche by our sences be perceyued, be corrupted with mutuall mixture, and be rather earthie, watrie, ayrie, and fyrie, than absolutely earth, water, ayre, and fyre.

Of the complexeion of man, Cap. 2.

COmplexcion is a combinacion of two diuerse qualities of the foure elementes in one body, as hot and dry of the Fyre, hot and moyste of the Ayre, colde and moyste of the water, cold and drie of the Earth.
But although all these complexcions be assembled in euery body of man and woman, yet the bodie taketh his denominacion of those qualyties, which abound in him, more than in the other, as hereafter insueth.

¶ The bodie, where heate and moisture haue soueraintie, is called Sanguine, wherein the ayre hath preeminence, and it is perceyued and knowen by these signes, whiche do folow.

Sanguin.
- Cornisitie of fleshinesse.
- The veines and arteries large.
- Heare plentie and redde.
- The visage white and ruddye.
- Sleape muche.
- Dreames of bluddie thing? : or thinges pleasaunt.
- Pulse great and full.
- Digestion perfect.
- Angrie shortly.
- Siege, vrine, & sweat abundāt
- Fallyng shortly into bleeding.
- The vrine redde and grosse.

¶ Where cold with moysture preuayleth, that body is called Fleumatike, wherin water hath preeminence, and is perceyued by these signes.

Fleumatike.
- Fatnesse quauyng and soft.
- Vaynes narowe.
- Heare muche and plaine.
- Colour white.
- Sleape superfluous.
- Dreames of thinges watrie, or of fysshe.
- Slowneſſe.
- Dulneſſe in learning.
- Cowardiſe.
- Pulſe ſlowe and lyttell.
- Digeſtion weake.
- Spittell white abundant, and thicke.
- Urine groſſe, white, and pale.

¶ Cholerike, is hot and dzie, in whome the fyre hath preeminence, and is discerned by these signes folowinge.

cholerike.
- Leanneſſe of bodie.
- Coſtiueneſſe.
- Heare blak or dark aburn, curled
- Vyſage and ſkinne red as fyre, or ſalowe.
- Hotte thinges noyfull to hym.
- Littell ſleape.
- Dreames of fire, fighting, or āger
- Witte ſharpe and quicke.
- Hardie and fighting.
- Pulſe ſwift and ſtrong.
- Urine high coloured and clere.
- Voyce ſharpe.

Melanco/

¶ Melancolike is colde and dzie, ouer whome the earthe hath dominion, and is percepued by these signes.

Melancolike.

- Leanneſſe with hardneſſe of skynne.
- Heare playne and thinne.
- Colour duskiſhe, oz white with leanneſſe.
- Much watche.
- Dzeames fearefull.
- Stiffe in opinions.
- Digeſtion ſlowe and yll.
- Tymozous and fearefull.
- Anger long fretting.
- Pulſe littell.
- Seldome laughyng.
- Urine watry and thinne.

BEſides the sayde complexcions of all the hole body, there be in the particuler membzes, complexcions, wherin yf there be any diſtemperance, it bzingeth ſickneſſe oz griefe into the membze. Wherfoze to knowe the diſtemperaiure, theſe ſignes folowinge woulde be conſidered. Fozſene, that it be remembzed that ſome diſtemperatures be ſimple, and ſome be compounde. They whyche be ſymple, be in ſimple qualities, as in heat, cold, moiſt, oz dzye. They whiche be compound, are in compounde oz mixte qualities, as heate and moyſture, heate and dzythe: colde and moyſte, colde and dzie. But nowe firſte wyll we ſpeake of the ſymple compleccions of euery pzincipall member, begin ning at the bzayne.

The brayne exceeding in heat hath.

- The head and viſage very red and hot.
- The heare growing faſte, blacke and courled.
- The veines in the eyes apparaunt.
- Superfluo⁹ matter in the noſethyrls, eyen & eares.
- The head annoyed with hotte meates, dyrinkes, and ſauours.
- Slepe ſhort and not ſoūd

The brayne exceeding in colde hath

- Muche ſuperfluitie running out of the noſe. mouth, eares and eien.
- Heare ſtreight, & fine growing ſlowly, and clarē.
- The hed diſpoſed by ſmal occaſion to poſes and murres.
- It is ſoone annoyed with colde.
- It is colde in touchyng.
- Veynes of the eyen not ſeene.
- Sleapie ſomwhat.

Moiſt in exceſſe hath.

- Heares playne.
- Seldome or neuer bald.
- Witte dull.
- Muche ſuperfluities.
- Slepe muche and depe.

The brayne dry. hath.
- No superfluities running.
- Wittes good and redy.
- Watchefull.
- Heares blacke, hard and fast growing.
- Balde shortly.

¶ Complexcions compounded.

Brayne hot & moist distempered hath.
- The head akinge & heuye. Full of superfluities in the nose.
- The southern wind greuous.
- The Northern wynde holsome.
- Slepe deepe but vnquiet with often wakynges and strange dreames.
- The senses and wit vnperfect.

Brain hot and dry distempered hath.
- None abundance of superfluitie, whiche may be expelled.
- Senses perfect.
- Muche watche.
- Soner balde than other.
- Muche heare in chyldehoode, and blacke or browne, and curled.
- The hed hot and ruddy.

Brayn cold & moiſt diſtempered hath.

- The ſenſes and wit dull
- Muche ſleape.
- The head ſone replenyſhed with ſuperfluous moyſture.
- Diſtillaciõs and poſes or murres.
- Not ſhortly balde.
- Sone hurt with colde.

Brain cold and dri diſtempered hath.

- The head cold in felinge and without colour.
- The veynes not aperinge
- Sone hurt with colde.
- Often diſeraſed.
- Wit perfecte in childehode, but in age dull.
- Aged ſhortly, and balde.

¶ Of the Hert.

The hert hotte diſtempered hath.

- Much blowing & puffinge.
- Pulſe ſwift and buſie.
- Hardineſſe & mãhod much promptneſſe, actiuitie, & quickeneſſe in dooing of thinges.
- Furie and boldneſſe.
- The breaſt heary towarde the left ſyde.
- The breaſt brode with the head littell.
- The body hotte, except the lyuer do let it.

The

The hert cold distempered hath.

The pulse very lyttell.
The breath littell and slow
The brest narow.
The body all colde, excepte the lyuer doeth inflame it.
Fearefulnesse.
Scrupulositie & much care.
Curiositie.
Slowneſſe in actes.
The breast cleane without heares.

The hert moyst distempred hath

The pulse soft.
Soone ãgry & sone pacified.
The body all moyste, excepte the lyuer disposeth contrary.

The hert dry dy stempered hath.

The pulse harde.
Not lyghtly angry, but bestynge angrye, not sone pacified.
The body dry, except the liuer doth dispose contrary.

The hert hotte and moyste.

The brest and stomake hery
Promptnes in actes.
Soone angry.
Fiersnes but not so much as in hotte and dry.
Pulse soft, swyft, and busy.
Breath or wynde accordyng.
Shortely falleth into diseases caused of putrifaction.

The hert hotte. and dzie.

- The herte poulse greate and swift.
- The bzeath oz wynde accoz= ding.
- The bzeast and stomacke all heary.
- Quicke in his doinges.
- Boldnesse and hardinesse.
- Swyft & hasty in mouynge.
- Sone styzred to an angre, & tyzannous in maners.
- The bzeast bzode and all the body hotte and dzie.

The herte colde and moyste.

- The pulse soft.
- Fearefull and tymozous,
- Slowe.
- The bzeast cleane without heare,
- Not hastyly angrie, noz re= teyning anger.
- The bzeast narow.
- All the body cold and moist.

The hert colde and dzie hath.

- The pulse hard and littell.
- The wynde moderate.
- Seldom angry, but whan it hapneth, it dureth long.
- The bzeast cleane wythout heare and littell.
- All the bodie colde and dzie.

Of the Liuer.

The liuer in heate distempered hath.
- The veynes great.
- The bloud more hot than temperate.
- The bealy heary.
- All the body hot, exceding temperante.

The liuer cold distempered hath.
- The veynes small.
- Abundance of fleume.
- The bloude colde
- All the body colde in feeling.
- The bealy without heare.

The lyuer moyst distempered hath.
- The veynes soft.
- Muche bloud and thynne.
- All the body moyst in feeling, except the hert disposeth it contrary.

The lyuer dry distempered hath.
- The veynes harde.
- The bloud littell and thycke.
- All the body drie.

¶ The complexions compounde may be decerned by the said symple qualities. And here is to be noted, that the heate of the hert maye vayne quysshe the colde of the liuer. For heate is in the herte, as in the fountayne or spring: and in the lyuer, as in the riuer.

Of

Of the Stomake.

The ſtomake hot diſtempered.

He digeſteth wel ſpecyally hard meates, & that will not be ſhortly altered.
Lyght meates and ſone altered, be therein corrupted.
The apetite litle & ſlow
He deliteth in meates & drinkes which be hotte for euery naturall complexion deliteth in hys ſemblable.

The ſtomah cold diſtempered.

He hath good appetite.
He digeſteth yll and ſlowly, ſpecially e groſſe meates and harde.
Colde meates doo ware ſowre beinge in him vndigeſted.
He deliteth in meates and drinkes, whiche be colde. and yet of theym he is indomaged.

The ſtomake moiſt diſtempered.

He thriſteth but ſeldome, yet he deſyreth to drinke, with ſuperfluous drinke he is hurte.
He delyteth in moyſt meates.

He

The stomake dri dystempered.
- He is soone thyrsty.
- Contente with a lyttell drinke.
- Diseased with muche drinke.
- He deliteth in dry meates.

¶ It is to be noted, that the disposicions of the stomake naturall, do desire that which is of lyke qualities. The disposicions vnnaturall, doo desyre thinges of contrary qualities.
¶ Also not the stomake onlye causeth a man to thyrst or not thirste, but also the lyuer, the lunges and the herte.

Of the genitories or stones of geueracion.

The genitories hote distempred
- Great appetite to the acte of generacion.
- Ingendring men childzen.
- Heare soone growen about the membres.

The genitories cold distempred
- Small appetite to the acte of generacion.
- Ingendring women chyldzen
- Slowe groweth of heare aboute the membres.

The genitories moist distẽpred
- Sede abundant but thyn and watrie.

The genitories dry distempred.
- Sede litel but metely thycke in substance.

Lalle

Genitories hot and moyste.	Lesse apetyte to lechery than in them, whiche be hotte and dry. More puissance to do it, and without lesse domage. Hurt by absteyning from it. Lesse herines thā in hot ⁊ dri
The genitories hotte and drie.	The sede thycke. Muche fruitefulnes of Generacion. Great appetite and redynes to the act. Heare aboute the membres sone growen. Swiftnesse inspeding of the acte. Sone therwith satisfied. Damage by vsing therof.
The genitories cold and moyst.	The sede watry and thynne Lyttell desyre to the act, but more puissance than in theim which be colde and drye, Lyttell heares or non about the membres.
The genitories colde and drye.	Heares none or few. Littel apetit or non to lecheri Littell puissance to do it. Ingendringe more females than men chyldren. That litell sede that is is thicker than in colde and moyst.

Of humours.

IN the body of Man be foure principall humours, which continewyng in the propoꝛcion that nature hath lympytted, the bodye is free from all ſyckeneſſe. Contrarye wyſe, by the increace oꝛ diminucion of anie of theym in quantitie oꝛ qualitie, ouer, oꝛ vnder their naturall aſſignement, in equal temperature commeth into the body, whiche ſickeneſſe foloweth moꝛe oꝛ laſſe accoꝛdinge to the lapſe oꝛ decaye of the temperatures of the ſayd humours, whiche be theſe folowyng.

Bloude, Choler.
Flewme, Melancoly.

¶ Bloude hath preeminence ouer all other humours in ſuſteyninge of all lyuynge creatures, foꝛ it hath moꝛe confoꝛmitie with the oꝛygynall cauſe of lyuynge, by reaſon of temperateneſſe in heate and moyſture, alſo nouriſcheth moꝛe the body, and reſtoꝛeth that which is decayed, being the very treaſure of lyfe, by loſſe whereof death immediately foloweth. The dyſtemperature of bloud hapneth by one of the other thꝛe humoꝛs, by the inoꝛdinat oꝛ ſuperfluous myxture of thē.

Of fleume.

¶ Fleume is of two ſoꝛtes. { Naturall and Vnnaturall.

¶ Naturall fleume is a humour colde & moyſt, white and ſweet, oꝛ without taſte, ingendꝛed by in ſufficiēt decoction in the ſeconde digeſtion of the watry oꝛ rawe partes of the mattier decoꝛte

called

called Chilus, by the last digestion made apte to be conuerted into bloud. In this humour, watee hath dominion most principall.

¶ Flewme vnnaturall is that, whiche is myxte with other humours, or is altered in his qualytie. And therof is viiii. sundry kyndes.

Flewme.

Watry, which is founden in spetil of the great drinkers, of them, whiche dygest yll.
Slymy or rawe.
Glasy, like to white glasse, thicke.
Viscous lyke byrde lime and heuy,
Plastry, whiche is very grosse, and as it were thalky, suche is founde in the ioyntes of them, which haue the goute.
Salt, which is mingled with coler,
Sower, mixt with melancoly, whiche commeth of corrupte digestion.
Harshe, thycke and grosse. Which is seldome founden, whiche tasteth lyke grene crabbes or sloes.
Stiptik or binding, is not so grosse nor cold, as harsh and hath the tast lyke to grene redde wyne, or other lyke, strayning the tunge.

¶ Choler doeth participate with naturall heate as long as it is in good temperance. And thers of is also two kindes.

Naturall and
Vnnaturall.

Na-

Cholet naturall.

¶ Naturall cholet is the kome of bloude, the colour whereof is redde and clere, or more like to an orenge colour, and is hot and drie, wherin the fyre hath dominion: and is light and sharpe, and is ingendred of the most subtill parte of mátter decocte or boyled in the stomake, whose begynning is in the liuer.

¶ Unnaturall choler is that, whiche is myxt or corrupted with other humours, wherof be foure kindes.

Citrine or yelowe choler, whiche is of the mixture of naturali choler, and watry fleume, and therfore hath lesse heate than pure choler.

Yelky lyke the yelkes of egges, whiche is of the myxture of fleume congeled, an choler naturall, and is yet lasse hot than the othtr.

Grene lyke to lekes, whose beginninge is rather of the stomak, thā of the lyuer

Grene lyke to grene canker of mettall, and burneth lyke venim, and is of exceding and adustion of choler or feume and bi these two kindes nature is mortified.

¶ Melancoly or blacke choler is diuided into two kindes.

Natural, which is the dregges of pure bloud, and is knowen by the blacknes. whan it issueth eyther downewarde or vpwarde, and is veryly colde and drye.

Unnaturall, whiche procedeth of the adusti-

aduſtion of cholerike mixture, and is hotter & lighter, hauyng in it vyolence to kill, with a dangerous diſpoſition.

¶ Of the membres.

¶ There be diuerſities of membres. that is to ſay.

- The brayne.
- The herte.
- The lyuer.
- The ſtones of generacion.

Official membres.

- Synewes whiche do ſerue to the brayne.
- Arteries or pulſes, whiche do ſerue to the herte
- Veynes which do ſerue to the lyuer.
- Veſſels ſpermatike, wherein mans ſede lieth, whyche doo ſerue to the ſtones.

Partes called Similares, for beinge deuided they remayne in theym ſelfe lyke as they were.

- Bones.
- Griſtell.
- Calles betwixt the vttermoſt ſkyn and the fleſhe.
- Muſckles or fillettes
- Fatte.
- Fleſhe.

Membres inſtrumentall.

- The ſtomake.
- The raynes.
- The bowelles.
- All the great ſynewes.

These of their vertu do apetite meate & alter it.

Of

¶ Of powers.

- Animall.
- Spirituall.
- Naturall.

Naturall power.
- Whiche doe minister.
- To whom it is ministred.

Whiche dooeth minister.
- Appetiteth.
- Retaineth.
- Digesteth.
- Expelleth.

To whom it is ministred.
- Ingendreth.
- Nourisheth.
- Feedeth.

Power spiritall
- Working, which delateth the hert & arteries, and eftsones streineth them.
- Wrought, which is stired by an exteriour cause to worke, wherof comth äger, idignaciō, subtiltee, & caré.

Power animall.
- That whiche ordeineth, discerneth, and composeth.
- That mooueth by voluntarie moction.
- That whiche is called sensible, wherof do procede the fiue wittes.

Of that whiche ordeineth dooe procede.
- Imagination in the forhed.
- Reaſon in the braine.
- Remembraunce in the nodel.

Operacions.
- Appetite by heate and drith.
- Digeſtiō by heate and moiſture.
- Reteining by colde & drithe.
- Expulſion by cold & moiſte.

¶ Spirite is an ayre ſubſtaunce, ſubtill, ſtiring the powers of the bodye, to perfourme their operacions. whiche is diuided into

- Naturall, whiche taketh his beginnyng of the lyuer, and by the veynes, weiche haue no pulſe, ſpreadeth into al the hole bodie,
- Vitall, whiche procedeth frō the hert, and by the arteries or puiſes is ſent into all the whole bodie.
- Animall, whiche is ingendred in the brayne, and is ſent by the ſenewes, throughout the bodie, and maketh ſence or feelyng.

¶ Annexed tothinges naturall.

Ages be. iiii.
- Adoleſcencie to. xxv. yeres hot and moiſt, in the which tyme the bodie groweth.
- Iuuentute vnto. xl. yeares hot and drie, wherin the body is in perfect growth.
- Senectute, vnto. lx. yeares, cold and drie, wherein the body beginneth to decree.

Ages

Age decrepite, vntill the last tyme of lyfe, accidently moiste, but naturally cold and dzie, wherin the powers and stregth of the bodie be moze and moze minished.

¶ Colour.

Of inward causes.
Of outward causees.

Coler of inward causes:
- Of equalitee of humours, as hs that is redde and white.
- Of inequalitee of humours, wherof dooe pzocede black, sallow, pale, oz white onely.
  - Redde.
  - Blacke } dooe betoken dos
  - Salowe. } minion of heate.
  - White, colde of fleume.
  - Pale colde melancoly.
  - Redde, abundance of blood.
  - Solowe, choler citrine.
  - Blacke, melancoly oz choler aduste.

Colour of outwarde causes:
- Of colde oz heate, as Englishe men be white, Moriens be blacke.
- Of thinges accidentall, as of feare, of anger, of sorow, oz other like mocios

Coloure of heare.
- Blacke, either of abundaunce of choler inflamed, or of much incending or aduſtion of bloud.
- Redde heare of muche heate not aduſte.
- Gray heares of abundance of melancholy.
- White heares of the lacke of naturall heate, and by occaſion of fleume putrified.

¶ All the reſidue conſerning thinges naturall conteined in the Introduction of Johannitius. and in the littell craft of Galene, I pourpoſely paſſe ouer for this time, for as muche as it doeth require a reader hauyng ſome knowlage in philoſophie naturall, or els it is hard and tedious to be vnderſtand. Moreouer this, whiche I haue wzitten in this firſt tables, ſhalbe ſufficient to the conſeruaciō of health, I meane with that whiche now foloweth in the other tables.

¶ The ſecond Table.

THinges not naturall be ſo called, becauſe they be no pozcion of a naturall body, as they be, whiche be called naturall thynges, but yet by the temperaunce of them the bodie beeyng in health, ſo conſiſteth, by the diſtemperaunce of them, ſickeneſſe is induced, and the bodie diſſolued.

¶ The firſte of thinges not naturall, is ayze, whiche is pzoperly of it ſelfe, or of ſome mate-

riall

riall cauſe or occaſion good or ill.

¶ That whiche is of it ſelfe good, hath pure vapours, and is odoriferous.

¶ Alſo it is of it ſelfe, ſwifte in alteracion from hot to cold, wherin the body is not muche prouoked to ſweate for heate, ne to chyll for vehemencie of colde.

¶ Ayre among all things not naturall is cheſly to be obſerued, for as muche as it doeth bothe incloſe vs, and alſo enter into our bodis, ſpecially the moſt noble member, which is the hert, and we can not be ſeperate one howre from it. for the neceſſitee of breathyng and fetchinge of wynde.

¶ The cauſes wherby the ayre is corrupted, be ſpecially fowre.

- Influence of ſundrie ſterres
- Great ſtandyng waters neuer refreſhed.
- Carraine lyinge longe aboue grounde.
- Muche people in ſmal roume lyng vncleanely and ſluttiſhely.

Wynd bryngyng holſome ayre.

- Northe, whiche prolongeth lyfe, by expulſyng yll vapours.
- Eaſt is temperate & luſty.

windes bringing yll ayre.

- Southe corrupteth, and maketh yll vapours.
- Weſte, is very mutable, whiche nature doth hate.

Meate and drinke.

¶ In meate and drinck we muste consider sixe thinges.

- Substance.
- Quantitee.
- Qualitee.
- Custome.
- Tyme.
- Order.

¶ Substaunce, some is good, whiche maketh good iuice and good bloud, some is ill, and ingendreth yll iuice and ill bloud.

Meates and drinkes making good iuyce.

¶ Bread of pure floure, of good wheate somwhat leuened, well baked, not to olde nor to stale.

Egges of fesantes, hennes, or partriches newe laide, poched, meane betweue rere and harde.

Mylke new milked, dronke fastyng, wherin is suger or the leaues of mintes.

Fesauntes.

Partriches or chikens.

Capons or hennes.

Byrdes of the feelde.

Fisshe of stonie riuers.

Veale suckyng.

Porke young.

Biefe not passyng .iii. yeres.

Pygeons.

Venison of redde dere.

Pease potage with myntes.

Feets

Feete of swine or calues.
Fygges rype, } before meales.
Raisons, }
Bourage.
Languedebiese.
Parsely.
Myntes.
Ryce with almonde mylke.
Lettise.
Cykorie.
Grapes.
Wines good moderately takē, well fined.
Ale and biere sixe daies olde, cleane brewed, and not stronge.
Myrth and gladnesse.
The lyuer and braynes of hennes and chikens, and yonge geese.
¶ Meates and drinkes making yl iuyce.
¶ Olde biefe.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.
Inwarde of beastes.
Blacke puddinges.
The hert, liuer, and kidneys of al beastes,
The braines and mary of the backbone.
Wood culuers.
Shell fishe, excepte creuise de eau doulce.
Cheese hard.
Apples and peares much vsed.
Figges and grapes not rype,
All rawe herbes, except lettise, borage

and Cykorie.
Onyons, } { immoderately vsed, spe-
Garlyke, } { cially in Cholerike sto-
Leekes, } { mackes.
Wyne in must or sowre.
Feare, sorowe, and pensikenesse.

Meates ingendring cholee.

Garlike.
Onyons.
Rokat.
Kersis.
Leekes.
Mustarde.
Pepper.
Hony.
Wyne muche dronken.
Swete meates.

Meeates ingendryng fleume.

All slymy and cleanyng meates.
Chese new.
All fishe, specially in a fleumatike stomack
Inwardes of beastes.
Lambes flesshe.
The sinew partes of beastes.
Skynnes.
Braines.
Lunges.
Rapes.
Cucumbers.
Repletion.
Lacke of exercise.

Meas

Meates ingendring melancoly.

Biefe.
Gotes fleshe.
Hares fleshe.
Bores fleshe.
Salte fleshe.
Salte fishe.
Colewortes.
All pulse except white peason.
Browne breade course.
Thycke wyne.
Blacke wyne.
Olde chese.
Olde fleshe:
Great fishes of the sea.

Meates makyng thicke iuyce.

Rye breadde.
Muste.
Breade without leauen.
Cake breadde.
Sea fyshe great.
Shell fyshe.
Biefe.
The kydneys.
The lyuer of a swyne.
The stones of beastes.
Mylke muche sodden.
Rapes.
All rounde rootes.
Cucumbers.
Sweete wyne.
Deepe redde wine.
Garlike.

Mustarde.
Origanum.
Hysope.
Basyll.
Fenell.
Chese.
Egges fried or hard.
Chesten nuttes.
Nauewes.
Figges greene.
Appuls not rype.
Peppper, Rokat, Lekes, Onyons, } muche vsed.

¶ Meates whiche do hurt the teeth.

¶ Very hot meates.
Nuttes.
Swete meates and drinkes.
Radyshe rootes.
Harde meates.
Mylke.
Bytter meates.
Muche vomite.
Leekes.
Fysshe fatte.
Lymons.
Colewortes.

Meates whiche do hurt the eies.

Drunkennnesse.

Lechery.
Muste.
All pouise.
Dwete wynes and thicke wynes.
Hempe sede.
Very salt meates.
Garlyke.
Onions.
Colewortes.
Radysshe.
Readyng after supper immediately.

¶ Makyng great oppilacions.

¶ Thycke mylke.
All sweete thinges.
Rye breadde.
Dweete wynes.

¶ Meates inflatyng or wyndy.

Beanes.
Lupines.
Cicer.
Mille.
Cucumbers.
Mirure of herbes.
Fygges dry.
Rapes.
Nauews raw.
Wylke.
Hony not well clarified.
Muste. Thin

Thynges good for the head.

¶ Cububes,
Galingale.
Lignum aloes.
Maiozam.
Baulme mintes.
Gladen.
Nutmygges.
Muske.
Rosemary.
Roses.
Piony.
Hyssope.
Spyke.
Camomill.
Mellilote.
Rewe.
Frankynsence.

Thinges good for the hert.

¶ Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes.
Perles.
Maris.
Baulme mintes.
Myzaboianes.
Muske.
Nutmegges.
Rosemary.

The bone of the hert, of a redde deere.
Maiozam.
Buglosse.
Bourage.
Betuall.

Thynges good for the liuer.

¶ Wormwoode.
with wyne.
Agrymony.
Saffron.
Cloues.
Endyue.
Lyuerwoze.
Cykozie.
Plantayne.
Dragons.
Reasons greet.
Saunders.
Fenell.
Violettes.
Rosewater.
Lettise.

Thinges good for the lunges.

Elicampane.
Hysope.
Scabiose.
Liquise.
Raysons.
Maidenheere.

Pes

Penidies.
Almondes
Dates.
Pistaces.

Thinges good for the eies.

Eye bright.
Fenell.
Verum.
Roses.
Celandyne.
Agrimony.
Cloues.
Colde water.

Thynges good for the stomake.

Myrabolanes.
Nutmegges.
Oziganum.
Pystaces.
Quynces.
Olybanum.
Wormwode.
Saffron.
Coral.
Agrymony.
Fumitory.
Galingale.
Cloues.
Lignum aloes.
Mastix.
Mynte.
Spodium:
The innermost skinne of a hennes gyser.
Coryander prepared.

THE SECONDE BOOKE.

of quantitee. Cap. I.

THE QVANTITIE of meate must be pozcioned after the substaunce and qualitee therof, and accozdyng to the complexion of him that eateth. First it ought to be remẽbzed, that meates hotte and moiste, whiche are qualities of the blud are sone turned into blud, therfoze much nouzisheth the body. Some meates do nourish but lyttell

litel, hauyng lyttell conformitee with bloudde in their qualitees. Of them whiche do nourishe. some ar more grosse, some lyghter in digestion. The grosse meate ingendreth grosse bloude, but where it is wel conconct in the stomake, and wel dygested, it maketh the fleshe more firme, and the officiall membres more stronge, thanne fine meates. Wherfore of men, whiche vse much labour or exercise, also of them, which haue very choleryke stomackes, here in Englande, grosse meates may be eaten in a great quantitie: and in a cholerik stomacke bief is better digested than a chikens leg, for as muche as in a hot stomake fyne meates be shortly aduste and corrupted. Contrariwise in a colde or fleumatike stomake grosse meate abydeth long vndygested, and maketh putrified matter, light meates therfore be to suche a stomake more apte and conueniente. The temperate body is beste nourished with a lettell quantitee of grosse meates: but of temperate meates in substance & qualitee, they may safely eate a good quantitee. Foresene alwaie that they eate without gourmandyse, or leaue with some appetiee. And here it wold be remembred, that the cholerike stomake doth not desire so muche as he may dygeste, the melancoly stomake may not digeste so muche as he desireth: for colde maketh appetite, but naturall heate concocteth or boylethe. Not withstandyng vnnaturall or supernatural heate distroieth appetite, and corrupteth digestion, as it appereth in feuers. Moreouer fruites and herbes, specially raw, wolde be eaten in a small quantitee, although

though the person be very cholerike, forasmuch as they do ingender thinne watrie bloude, apt to receiue putrifaction, whiche although it bee not shortely perceiued of hym that vseth it, at length they fele it by sundry diseases, which are long in commyng, and shortly sleeth, or be hardly escaped. Finally excesse of meates ar to bee abhorred. For as it is saide in the boke called Ecclesiasticus, In muche meate shall be siknes: and inordinate appetite shall approche vnto choler. Semblably the quantitee of drinke woulde be moderated, that it excede not nor be equall vnto the quantitee of meate. specially wine, whiche moderately taken, aydeth nature, and comforteth hir, and as the saide author of Ecclesiasticus saieth, Wyne is a reioisyng to the soule and bodie. And Theognes saith in Galenes worke, A large draught of wyne is ill, A moderate draught is not only not yll, but also commodious & profitable.

Ecclesi. 17.
Ecclesi. 13.
Gal. de tuende sanitate

¶ Of Qualitee of meates. Cap. 2.

QUalitie is in the complexion, that is to saie, it is the state thereof, as hotte or colde. moyste or drie. Also some meates bee in winter colde in acte, and in vertue hotte. And it wolde be cōsidered, that euery cōplexion tempepare and vntemperate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche excedeth mnch in distemperance, muste be reduced to his temperaunce, by that whiche is contrary to hym in fourme or qualitee, but like in degrte moderatly vsed. By fourme is vnderstande grossenes, finenesse,

nesse, thicknesse, or thinnesse, by degree, as the fyrste, the seconde, the third, the fourth in heate colde, moysture. or dryth.

¶ Of Custome.

CUstome in feedyng is not to be contemp=ned, or littell regarded: for those meates, to the which a man hath ben of long time accustomed, though they bee not of substaunce commendable, yet do they somtyme lesse harme than better meates, wherunto a man is not v=sed. Also the meates & drinkes, whiche do much delite him that eateth, are to be preferred before that whiche is better, but more vnsauery. But if the custom be so pernicious, that it nedes must be left, than wold it be withdrawen by littel and lyttell in time of helth. and not of sickenesse. For if it shuld be withdrawen in tyme of sickenesse, Nature shuld susteyne treble detriment. first by the griefe induced by sycknesse, second by receiuyng of medicines, thirdely by forbearyng the thynge, wherin she deliteth.

Hipocrates apho Galen⁹.

Of the temperature of meates to be receiued. Cap. 4.

TO kepe the body in good temper, to them whose naturall cõplexion is moist, ought to be geuẽ meates that be moist in vertue or power Contrary wise to them, whose naturall complexion is dry, ought to be geuen meates dry in vertue or power. To bodies vntemperate, suche meates or drinkes ar to be geuen,

uen, which be in power contrary to the distem-
perance, but the degrees are alwaie to be con-
dered, as wel of the temperance of the bodie, as
of the meates. For where the meates doo muche
excede in degree the tẽperature of the body, they
anoy the bodie in causinge distemperaunce. As
hotte wynes, pepper, garlike, onions, and saite,
be noyfull to them, whiche be cholozike, becaus
they be in the highest degree of heate and dzithe
aboue the iust temperaunce of mannes bodie in
that complexcion, and yet be they oftẽtimes hol
some to them whiche be flumalike. Contrary-
wyse, cold water, cold herbes, and colde fruites
moderatelı vsed, be holsome to cholozike bodies
by puttyng away the heate, excedyng the natu-
rall temperature: and to them, whiche be fleu-
matike, they be vnholsome, and doe bzynge into
them distemperaunce of colde and moiste.

VVhat distemperaunce happeneth by the excesse of sundrie qualitees in meates and drinkes. Cap. 5.

Meates.
- Colde do congele and mozti fie.
- Moist, do putrifie and hasten age.
- Dzy, sucketh vp naturall moisture.
- Clammie, stoppeth the issue of va-
  pours and vzine, and ingendzeth
  tough fleume and grauell.
- Fatte and oyly, swimmeth longe in
  the stomake, and bzingeth in loth
  somnesse.
- Bytter, doth not nourysche.
- Salte, do fret muche the stomake.

Harrishe, lyke the taste of wylde fruictes, doo constipate and restraine.
Sweete, chaufeth the bloud, and causeth opilacions or stoppynges of the pores and conduites of the bodie.
Sower cooleth nature, and hastneth age.

What commodite happeneth by the moderate vse of the sayde qualities of meates and drinkes. Cap. 6.

Meates.

Colde asswageth the burninge of choler.
Moyste, humecteth that which is dried.
Drye, consumeth superfluouse moisture.
Clammie, thicketh that whiche is subtill and persinge.
Bitter, clenseth and wipeth of, also mollifieth & expelleth fleme.
Salte, relenteth fleume clammye. and drieth it.
Fatte and vnctuouse, nourisheth and math soluble.
Stiptike or rough on the tongue bindeth and comforteth appetite
Sweete doth clense, dissolue, and nourishe.

Of fruites. Cap. 7.

For as much as before that tillage of corne was inuented, & that deuouringe of flesshe and fisshe was of mankinde vsed, men vndoubtedlye lyued by fruites, and Nature was therwith contented and satisfied, but by change of diet of our progenetours, there is caused to be in our bodies such alteracio from the nature whiche was in man at the beginning that nowe all fruites generally are noyfull to man, and do ingender yll humours, & be ofte times the cause of putrified feuers, if they be muche and continually eaten. Notwithstanding vnto thē, which haue abundance of choler, they be sometime conueniente, to represse the flame, which procedeth of choler. And some fruites, whiche be stiptike or binding in taste, eaten before meales, do bind the bealy, but eaten after meales, they be rather laxatiue. Now shall it not be vnexpediente, to write of some fruites particulerlye, declaringe theyr noyfull qualitees in appering of Nature, & how they may be vsed with least detriment.

Of Gourdes.

Gourdes rawe be vnpleasant in eatynge, yll for the stomake, and almost neuer digested, therefore he that will needes eate them, must boyle them, rost them, or frye them, euery way they be without sauour or tast & of their proper nature, they geue to the bodye colde and moiste nourishemente, and that verye

Galē de alimentis. 2.

 litell

littel, but by reason of the slyppernesse of their substauuce: and because all meates, whiche be moyste of their natnre, bee not bindinge, they lightly passe forth by the bealy. And beyng well ordered they wil be metely concoct, if corrupciō in the stomake not preuent them: they be colde and moyst in the second degree.

¶ Of Melons and Pepons.

MElones and pepones be almoste of one kinde, but that the melone is round like an apple, and the innermost part therof, where the sedes are conteigned, is vsed to be eaten. The pepon is much greater & somwhat longe, and the inner part therof is not to be eaten: They bothe are verie colde and moist, and do make ill iuyce in the body, if they be not well disgested, but the Pepon muche more than the Melon, they do least hurte, if they be eaten afore meales Albeit if they doe finde in the stomake fleume, they be turned into fleume, if thei finde choler, they be tourned into choler. Not withstandinge there is in theym the vertue to clense and to prouoke vrine, they be colde and moyste in the seconde degree.

¶ Cucumbers.

Galē. de alimentis. 2.

CUcumbers do not excede so much in moisture as melons, and therfore they be not so sone corrupted in the stomake: but in some stomakes, being moderately vsed, they do digest well, but if they be aboūdantlye eaten

eaten, or muche vsed, they ingender a colde and thicke humour in the veynes, whiche neuer or seldome is tourned into good bloud, and somtime bringeth in feuers. Also they abate carnall luste. The seedes as well thereof, as of melons and gourdes, beyng dried, and made clene from the huskes, are very medicinable agaynst sickenesses procedyng of heate, also the difficultie or let in pissyng, they be colde and moiste in the second degree.

¶ Dates.

Be hard to digest, therfore beyng muche eaten, and not well digested, they annoy the head, and cause gnawinge in the stomake, and make grosse iuice, and somtime cause obstructions or stoppynges in the liuer and spleane. And where there is inflamacion or hardnes in ỹ body, they ar vnholsome, but being well digested and temperately vsed, they nourishe and make the flesshe fyrme, and also bindeth the belye: olde dates be hotte and drie in the firste degree: newe gathered are hotte and moiste in first degree.

¶ Of Fygges.

FIgges eaten, do shortly passe out of the stomake, and are sone distributed into all the partes of the bodie, and haue the power to clense, specially grauel, being in the raynes of the backe, but they make no substancial nourishmēt, but rather sumwhat louse and windie, but by their quicke passage, the wynde is soone dissolued. Therfore if they be ripe, they do least Actio. 1.

harme of any fruites, or almost none. Drie figges and olde, are more hotte and moyste than new gathered, but being muche eaten thei make yll bloud and iuyce, and as some doo suppose, do ingender lice: and also anoieth the liuer and the splene, yf they be inflamed, but hauinge the power to attenuate or make humours currant, they make the bodye soluble, and doo clense the raynes. Also being eaten afore dinner with ginger or pepper, or powder of tyme, or peniroyall, they profite muche to them, which haue oppylacions or harde congeled matter in the inner partes of the body, or haue distillacions or reumes falling into the breast and stomake. New Fygges are hotte and moiste, olde figges are hot in the first degree, and drie in the second.

Of grapes and raysons.

Galē de alimentis. 2.

GRapes do not nourisshe so muche as figges, but being ripe, they make not much yll iuyce in the body: all be it newly gathered, they trouble the bealy, and fylleth the stomake with wynde, therfore if they be hanged vp a while, ere they be eaten, they are the lesse noyfull. Sweete grapes, are hottest, and do lose somwhat, and make a man thirstye. Sowre grapes are cold, and doo also loose, but they are hard of digestion, and yet they doo not nourisshe. They which ar in taste bitter or harrisshe, be lyke to theim that are sowre. Raysons do make the stomake fyrme and strong, and do prouoke appetite, and do comfort weake bodies be-

Gloſco 5

beinge eaten afore meales, they be hotte in the first degree, and moyste in the second.

¶ Of Cheries.

CHeries if thei be sweete, they do sone slip downe into the stomacke, but if they be sowre or sharpe, they be more holsome, and do loose, if they be eaten freshe, and newly gathered, they be colde and moiste in the first degree.

¶ Of Peaches.

PEaches do lesse harm, and do make better iuyce in the bodie, for they are not so sone corrupted beinge eaten: of the iuice of them maye be made a syrope, very holsome agaynst the distemperance of choler, wherof procedeth a stinkinge breathe: They be colde in the first degree, and moyste in the second.

Of Appulles.

ALl appulles eaten soone after that they be gathered, are cold, hard to digest, and do make yll and corrupted blud, but beynge well kept vntill the next winter, or the yere folowing, eaten after meales, they are right holsome, & do confirme the stomake, and make good digestion, specially if they be rosted or baken, most properly in a cholerike stomake: they ar best preserued in hony, so that one touch not an other. The rough tasted appuls are holesome, where the stomake is weake by distemperaunce of heate or muche moysture. The bitter

appulles, where that griefe is increased. The sowre appulles, where the matter is congeled or made thicke with heate: In distemperature of heate and drythe by drinkinge muche wyne, they haue been founde commodiouse: beeynge eaten at night, goynge to bedde, without drynkyng to theym, they be colde and moyste in the first degree.

¶ Of Quinces.

QUinces be colde and drie, eaten afore meale, they bynde and restraine the stomake, that it maye not digest well the meate, except that they be rosted or sodden, the core taken oute and mixte with honye clarified, or sugar, than they cause good appetite, and preserueth the head from dronkennes, taken after meate, it closeth and draweth the stowake together, and helpeth it to digest, and mollifieth the bealy, if it be abundantlye taken, they be colde in the firste degree, and drie in the beginning of the second.

¶ Of Pomegranates.

POmegranates be of good iuyce, and profitable to the stomacke, specially they whiche are sweete, but in a hotte feuer, they that are sowre be more expedient and holsome, for than the sweete doo incende heate, and puffe vp the stomake.

Of

¶ Of peares.

PEares are much of the nature of appuls, but they ar heuier, but taken after meate, rosted or baken, they are not vnholsome, & do restrayne and knit the stomake beyng ripe: they be colde and moyst in the first degree.

¶ Medlars.

MEdlars are cold and dryc, and constrictiue or strayning the stomake, and therfore they may be eaten after meales, as a medicine, but not vsed as meate, for thei ingender melancholy, they be colde & dry in the seconde degree.

¶ Walnuttes.

VValnuttes, if they be blaunched, are supposed to be good for the stomake and somwhat lowsing the bealy, mixt wyth sugar they do nourishe temperately. Of two drie nuttes, as many sigges, and .xx. leaues of Rew, with a graine of salt, is made a medicine wherof if one do eate fasting, nothing: whiche is venemous maie that daie hurt him, and it also preserueth against the pestileuce, and this is the very right Mithridate, they be hotte and dry in the seconde degree, after some opinions hot in the thirde degree, drie in the second.

Fylbers and hasyll nuttes.

¶ They be more strong in substance than wal-

nuttes, wherfore they are not so easylie or sone digested. Also they do inflate the stomacke, and cause head ache, but they ingender fatte And yf they be rosted, they be good to restrayne rewmes. Also eaten with pepper, they are good agaynstes tourmentes of the bealy, and the stoppyng of vryne. They be hot and drie in the first degree.

¶ Of Almondes.

They do extenuate and clense without anie bynding, wherefore they purge the breste and lunges, specially bitter almondes. Also they do moyllify the bealye, prouoke slepe, and causeth to pysse well. Fiue or sixe of them eaten afore meate, kepe a man from beyng dronke, they be hot and moist in the first degree.

¶ Of Chesteyns.

They being rosted vnder the ymbers, or hotte asshes, do nourishe the body strongely, and eaten with honey fastinge, doo helpe a man of the cough.

¶ Prunes.

Of the gardeyne and ripe, doo dispose a man to the stoole, but they do bring no maner of nourishmente. To this fruite like as to figges this propertie remayneth, that being dried, they doo profite. The Damasche prune rather bindeth than lowseth, and

is more commodious vnto the stomake: they be cold and moiste in the seconde degree.

¶ Olyues.

COndite in salte lykour, taken at the beginning of a meale dothe corroborate the stomake, stirreth appetite, and loseth the bealy being eatē with vineger. They why the be ripe, are temperately hotte, the whiche be greene are colde and drie.

Of Capers.

THey nourisshe nothyng after that they be salted, but yet they make the bealy lose, and purgeth fleume, which is therin conteyned. Also styrreth appetite to meate, & openeth the obstructiōs, or stopping of the liuer and splene, being eaten with orimel, before anie other meate: they be hotte and drie in the seconde degree. Galē de alimentis, 2.

¶ Orenges.

The ryndes taken in a lyttle quantitie, doo comfort the stomacke, where it dygesteth. Specially condite with suger, and taken fastyng in a small quantitie. The iuyce of orenges, hauynge a toste of bread put vnto it, with a litle powder of mintes, sugar, & a litle cinamome, maketh a very good sauce to prouoke appetite. The iuice eaten with suger in a hotte feuer, is not to bee discommended. The rinde is hotte in the fyrste degree, and drie in the seconde, the iuice of theim is cold in the second degree, and drie in the first

Herbes

¶Herbes vsed in Potage, or to eate. Cap. 8.

GEnerally al herbes raw, and not sodden do ingender cold and watry iuice, if they be eaten customably, or in abundance: al be it some herbes are more comestible, & do lasse harme vnto nature, and moderately vsed, maketh metely good bloud.

Lettise.

AMong al herbes, none hath so good iuice as lettise: for some mē do suppose, that it maketh abundaunce of bloude, al be it not verie pure or perfit, it doth set a hot apetite, & eatē in the euening, it prouoketh slepe albeit, it neither doth losse nor bynde the bealye of his owne proprietye. It increaseth milke in a womans brestes, but it abateth carnal appetite, and much vsinge therof hurteth the eye sight. It is colde and moyst temperately.

¶Colewortes and Cabages.

BEfore that auarice caused marchantes to fetche out of the east and southe partes of the world, the traffike of spice and sundry drougges, to contēte the vsaciableneſſe of of wanton appetites, Colewortes for the vertues supposed to be in thē, were of such estimacion, ꝑ they were iudged, to be a sufficient medicine agaynste all diseases, as it maye appere in the booke of wyse Cato, wherin he writeth of hus-

husbandrie. But nowe I will no more remember, than shall be required, in that whiche shalbe vsed as meat, and not pure medicine. The iuice thereof hath vertue to pourge: The whole leaues beynge halfe sodden, and the watter powred out, and they beinge put eftsones into hote water, and sodden vntill they be tender, so eaten they do binde the bealie. Some do suppose if they be eaten raw with vineger before meate, it shall preserue the stomake from surfettinge, and the heade from drunkennes: all be it much vsing of them dulleth the sight, excepte the eies be verie moyst. Finally the iuice that it maketh in the body, is not so commēdable, as that whiche is ingendred of lettis. It is hote in the fyrst degree, and drie in the seconde.

¶ Of Cykory or succory.

IT is like in operation to lettis, and tempereth choler wōderfully, and therfor in all colerik feuers, the decoctiō of this herbe, or the water therof stilled, is right expedient. Semblabli the herbe and rote boyled with flesh, that is freshe beinge eaten, kepeth the stomake, and head in very good tēper. I suppose that Souchistel and Dentdelion, be of like qualities, but not so conuenient to be vsed of them, which are hole, bicause they are wilde of nature and more bitter, and therfore causeth fastidiousenesse or lothsomnesse of the stomake. It is cold and drie in the seconde degree.

En-

Endiue and Scariole

BE much lyke in theyr operation to Likorie, but they are more conuenient to medicyne than to meate. All be it Scariole called white endiue, hauing the toppes of the leaues turned in and laide in the earthe, at the latter ende of sommer, and couered, becommeth whyte and crisp, like to the greate stalkes of cabage lettise, whiche are in winter taken vp and eaten. And to them that haue hot stomakes and drie, they be right holsom, but being to much vsed, or in very great quantitie, they ingẽder the humour, which maketh the cholyke, they be cold and moist in the first degree.

Malowes.

Galen. de alimentis.

Are not colde in operation, but rather somewhat warme, and haue in them a slipperneſſe. Wherfore being boyled and moderatelye eaten with oyle and vineger, they make metelye good concoction in the stomake, and causeth the superfluous matter therin easilye to passe, & clensethe the bealie. It is hotte and Moyste in the fyrst degree.

White beetes.

Are also absterſiue and lowseth the bealy, but much eaten, annoieth the stomacke, but they are right good against obstructious or stopping of the lyuer, yf they bee eaten with vyneger or mustarde likewyse it helpeth the spiene. It is colde in the firste degree, and moyste in the seconde.

Porſlan,

¶ Purſlane.

Dothe mitigate the greate heate in all the inwarde partes of the body, ſemblably of the head and ies: alſo it repreſſethe the rage of Venus, but if it be preſerued in ſalte or bryne, it heateth and pourgeth the ſtomake. It is colde in the. iii. degree, and moiſte in the ſecond.

Charuayle.

It is verie profitable vnto the ſtomake, but it maie not ſuſteyne verie muche boylynge, eaten with vineger, it prouoketh appetite, and alſo vrine. The decoction therof dronke with wyne clenſeth the bladder.

¶ Sorell.

Being ſodden, it louſeth the bealy. In a time of peſtilence, if one beinge faſtinge, doo chewe ſome of the leaues, and ſucke downe the iuice, it merueylouſly preſerueth from infections, as a new parctiſer called Guainerius doth write. And I my ſelf haue proued it in my houſholde. The ſedes thereof braide & dronke with wyne and water, is verie holſome agaynſte the colyke and frettinge of the guttes: it ſtoppeth fluxes, and helpeth the ſtomake annoyed with repletiō. It is colde in the thirde degree, and drie in the ſeconde.

¶ Perſely.

Is very conueniente to the ſtomake, and comforteth appetite, and maketh the breath ſweete, the ſedes and roote cauſeth vrine to paſſe well, and breaketh the ſtone, diſſolueth wyndes, the rootes boyled in water, and therof oximel being made

made, it dissolueth flewme, and maketh good dy gestion. It is hotte and dry in the third degree.

¶ Fenell.

Being eaten the seede or rote maketh abun= dance of mylke, likewise drunke with ptisane or ale. The sede somwhat restraineth flux, prouo= keth to pisse, and mitigateth fretinges of the sto make and guttes, specially the decoction of the roote, if the mattier, causing frettinge, be colde but if it be of a hotte cause, the vse therof is dā= gerous, for inflamacion or exulceracion of the raynes or bladder. It is hot in the third degree, and dry in the fyrst.

Calin. simpli. de medi cament. lib. 3. ca. 74.

¶ Annse sede.

Maketh swete breath, prouoketh vryne, and driueth downe thinges cleauing to the raynes, or bladder, stirreth vp courage, and causethe a= bundaunce of mylke. It is hotte and drie in the thyrde degree.

¶ Beanes.

They make wynde, how so euer they be or= dered: the substance, whiche they doo make, is spungye, and not firme, all be it they bee abster= syue, or clensinge the body, they tarie longe, er they be digested, and make grosse iuyce in the bo dy: but if onions be sodden with theym, they be lasse noyfull.

¶ Pealyn.

Are muche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the bo= dy, thei be also abstersiue, or clensing, specially white pealyn, and they also cause metely good nous

nourishynge, the huskes taken awaye. And the broth, wherin they be sodden, clenseth right wel the raynes and bladder.

¶Rape rootes and Nauevves. Cap. 9.

The iuice made bi them is very grosse, and therfore being much eaten, if they be not perfectly concoct in the stomake, they doo make crude or rawe iuice in the veines. Also if they be not well boyled, they cause wyndes, and annoye the stomake, and make sometyme frettynges: If they be well boyled first in cleane water, and that beinge caste awaye, the seconde time with fatte flesshe, they norishe muche, and doo neither loose nor bynde the bealye, But Nauewes do not nourisshe so muche as rapes, but they be euen as windie.

¶Turnepes.

Beyng well boyled in water, and after wyth fatte flesshe, nourisheth muche, augmenteth the seede of manne, prouoketh carnall lust. Eaten rawe they stirre vp appetite to eate, beinge temperately vsed, and be conueniente vnto theym, whiche haue putrified matter in their breastes or lunges, causing them to spitte easily, but beinge muche and often eaten, they make rawe iuice and windinesse.

Parsnepes and Carrettes.

They doo nourishe with better iuice than the other rootes, specially carrettes, whiche are hot and drie, and expelleth wind. Notwithstandyng muche vsed they ingender yll iuyce, but carettes Gal. sup. medi. lib. 7.

lesse than parsnepes, the one & the other expelleth vrine. ¶ Radishe rotes.

Haue the vertue to extenuate or make thynne, and also to warme. Also they cause to breake wynde, and to pisse: beinge eaten afore meales they let the meate, that it may not discende, but being eaten last, they make good digestion, and looseth the bealy, though Galenus write contrarie. For I, among diuerse other, by experience haue proued it: Notwithstandinge they be vnholsome for theym, that haue continuallye the goute, or peyne in the ioyntes.

Pau. Aegineta. Dioſco. lib. 7. de alimētis

Garlyke.

It doeth extenuate and cutte grosse humours, and slymie, dissolueth grosse wyndes, and heateth all the body, also openeth the places, which are stopped, generally where it is well digested in the stomake: it is holsom to diuers purposes specially in the bodie, wherin is grosse matter, or muche cold inclosed, if it be sodden vntill it looseth his tarteneſſe, it somwhat nourisheth, and yet looseth not his propertie, to extenuate grosse humours, being sodden in mylke, it profiteth much against distillacions from the heade into the stomake.

Onyons.

Do also extenuate, but the long onyons more than the round, the red more than the white, the drie more than they whiche be grene: also rawe more than sodden, they stirre appetite to meate, and put awaie lothsomneſſe, and lose the bealy, they quicken sighte, and being eaten in great abundaunce with meate, they cause one to sleepe soundly

foundly.

¶ Leekes.

We of ill iuyce, and do make troublous dreames, but they do extenuate and cleanse the bodie, and also make it soluble, and prouoketh vrine. gal. 7. cap. 138. Moreouer it causeth one to spitte out easily the fleume, whiche is in the breast.

Sauge.

It heateth, and somewhat byndeth, and therwith prouoketh vrine, the decoction of the leaues and braunches being dronke. Also it stoppeth bleedinge of woundes, beinge laide vnto them. Moreouer it hath ben proued, that women, which haue ben long time without childrē and haue dronke .x. ounces of the iuice of sauge with a grayne of salte, a quarter of an houre before, that they haue compaigned with their husbandes, haue conceiued at that tyme. It is hot and drie in the third degree, the vsynge thereof is good against palseis.

¶ Isope.

Doth heate and extenuate, wherby it digesteth clymie fleume: beinge prepared with figges, it pourgeth fleume downewarde, with honie and water vpward, boyled in vineger it helpeth the tooth ake, if the teeth be washed therewith, it is hotte and drie in the third degree.

Bourage.

Comforteth the herte, and maketh one merie, eaten rawe before meales, or layde in wyne that is dronk. Also it mollifieth the bealye, and prepareth to the stoole. It is hot and moiste in the middell of the first degree.

Sauery.

Pourgeth fleume, helpeth digestion, maketh quicke sight, prouoketh vrine, and stirreth carnal appetite. It is hot and drie in the. iii. degree

Rokat.

Heateth muche, and increaseth seede of man, prouoketh courage, helpeth digestion, and somwhat louseth. It is hote and moiste in the secõd degree.

Tyme.

Dissolueth windes, breaketh the stone, expelleth vrine, and ceasseth frettinges. It is hot and drie in the third degree.

Penyroyall.

Doth extenuate, heate, and decoct, it recouereth the stomake appressed with fleme, it dothe recomforte the fainte spirite, it expelleth melancoly by siege, and is medicinable against manye diseases. It is hot and drie in the third degree.

Towncresses.

Paulus discommendeth, saying, that it resisteth concoction, and hurteth the stomake, and maketh ill iuyce in the body, taken as medicine, it helpeth many diseases. It is hot and drie in the third degree.

Rosemary.

Hath the vertue to heate, and therfore it dissolueth humours congeled with colde: It helpeth against palsies, fallinge sickenes, old diseases of the breast, tourmentes or fretting, it prouoketh vrine and sweat: it helpeth the cough akē wyth pepper and hony, it putteth away toth take, the roote being chewed, or the iuice thereof put into

the

the toothe, beinge bourned, the fume therof reſi
ſteth the peſtilence: the rinde thereof ſodden or
burned, and the fume receued at the mouth, ſtop
peth the reume, which falleth out of the head in=
to the chekes or throte: whiche I my ſelfe haue
proued, the grene leaues bruſed, doo ſtoppe the
hemoroides, if they be layed vnto theim. That
herbe is hotte and drie in the third degree.

Spices grovving out this realme vſed in meate and drinke. Cap. 10.

¶ Pepper.

BLacke pepper is hotteſt, and moſte drie, white pepper is next, long pepper is moſte temperate. The generall propertie of all kindes of pepper is to heat the bodye, but as Galene ſaith, it perceth dounward, and doth not ſpreade into the veines, if it be groſſe bea=ten, it diſſolueth fleume and wind, it helpeth di=geſtion, expulſeth vrine, and it helpeth agaynſte the diſeaſes of the breſt, proceding of colde. It is hot in the firſt degree, and drie in the ſecond.

¶ Synger.

Heateth the ſtomacke, and helpeth digeſtion, but it heateth not ſo ſoone as peper: but after=warde the heate remaineth longer, and cauſeth the mouthe to be moiſte: Beinge greene or well confectioned in ſirope, it comforteth muche the ſtomake and head, and quickneth remembrance if it be taken in the morow faſting. It is hot in the ſecond degree, and drie in the firſt.

Saffron.

Somewhat bindeth, heateth, and comforteth the stomake, and the herte specially, and maketh good digestion, beinge eaten or droncken in a small quantitie It is hotte in the second degree and drie in the first.

Cloues.

Hath vertue to comforte the synewes, also to consume and dissolue superfluous humours. They be hotte and in the thirde degree, sodden with milke, it cõforteth the debilitee of nature.

Maces.

Dioscorides commendeth to be dronke agaynst spitting of bloud, and bluddie fluxes, and excessiue laxes. Paul⁹ Aegineta addeth to it, that it helpeth the colike. They be hot in the .ii. degre and drie in the .iii. degree. It is to the stomacke very commodious, taken in a litle quantitie.

Nutmygges.

With their swete odoure comfort and dissolue, and somtime comforteth the power of the syght and also the brayne in colde distracies, and is hotte and drie in the second degree.

Of breade. Cap. II.

Galē de alimentis. 2.

Breade of fyne flowre of wheate, haupnge no leauen, is slowe of digestion, and maketh slimye humours, but it nourisheth much: if it be leauened, it digesteth soner. Bread haupng muche branne, filleth the bealie with excrementes, and nourisheth litle or nothing, but shortly discendeth from the stomake. The meane betwene bothe, sufficiently leuened, well

well moulded, and moderately baken, is the moste holsome to euerie age. The greatest loues do norische moste faste, for as muche as the fyre hath not exhausted the moisture of theim. Hotte bread slowly passeth. Barlie bread clenseth the bodie, & doeth not nourische so much as wheate and maketh colde iuyce in the bodie.

Of flesshe. Cap 12.

Beefe of Englande to Englishemen, which are in healthe, bryngeth stronge nourishynge, but it maketh grosse blond, and ingendreth melancoly, but being of yonge oxen, not exceadinge the age of fowre yeares, to them which haue cholerike stomackes, it is more conuenient than chickens, and other lyke fine meates.

Swynes flesshe.

Aboue all kindes of flesshe in nourishinge the body, Galene most cõmendeth porke, not being of an olde swine, and that it be well digested of him that eateth it. For it maketh best iuyce, it is moste conuenient for yonge persons, and theym whiche haue susteined muche labour, and therewith ar fatigate, and become weake. Yong piggес are not commended, before that they be one moneth olde, for they do bredc muche superfluous humours.

Lambe.

Is very moiste and fleumatike, wherfore it is not conuenient for aged men, excepte that it be verie drie rosted, nor yet for them, whiche haue in their stomakes fleume.

Mutton.

Galene doeth not commend it, notwythstan-
Galē de alimen-tis.3. dyng experience proueth here in this realm, that if it be yonge, it is a right temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not like good in all places, nor the shepe whi-che beareth fyneſt woll, is not the sweteſt in ea-ting, nor the moſt tender. But I haue found in some countreis mutton, which in whiteneſſe tē-dernes and sweteneſſe of the fleſhe, mought be well nigh compared to kidde, and in digeſtion haue proued as holsome.

Kidde and Veale.

Of Galene is commended next vnto porke, but some men do suppoſe, that in helth and sicknes they be muche better than Porke, the iuyce of them both being more pure. And here it is to be noted, that of all beaſtes, whiche be drie of their nature, the yongeſt be moſt holsom, of them that are moyſte, the eldeſt are leaſt hurtfull.

Hare, Coney.

Maketh groſſe blud, it drieth and stoppeth, but
Hippoc. de ratione uictꝰ. li. 2. cap. 39. Plin. 28. yet it prouoketh a man to piſſe. Conie maketh better and more pure nouriſhment, and is sooner digeſted than hare. It is well proued, that there is no meate more holsome, or that more cleane, fyrmely, and tēperately nouriſheth than rabbets.

Decre red and falowe.

Hyppocrates affirmeth the fleſhe of hartes and hindes to be of yll iuice, harde of dygeſtion, and drie, but yet it moueth vryne. Of falowe deere, he nor any other olde writer doth ſpeake

of

of,as I remember. I suppose, bycause there be not in all the worlde, so many as be in England where they consume a good parte of the best pasture in the realme,and are in nothinge profitable, sauing that of the skinnes of theim is made better lether than is of calues , the huntinge of them beynge not so pleasant as the huntinge of other venery or vermine,the flesche muche more vnholsome and vnpleasant than of a red deere, ingendringe melancoli,and making mani feare full dreames,& disposeth the body to a feuer: yf it be much eaten:not withstanding the fat therof(as some lerned men haue supposed)is better to be digested than the leane.

Of byrdes.

The flesh of al birdes is much lighter, thā the flesche of beastes in comparison,moste specially of those foules which trust most to their winges,and do brede in high cuntreys.

Capons hennes and chickens

The Capō is aboue all other foules praysed,for as much as it is easyly digested,& maketh litle ordure,& much good nourishment. It is cōmodius to the brest and stomake.Hens in winter are almost eqnal vnto the capon:but they do not make so strong nourishement. Auicen saith,if they be rosted in the bealy of a kid or lambe,they will be the better. Chickens in sommer,specially if they be cockrels,ar very conuenient for a weake stomake,& nourysheth a litle. The flesche of a cocke is harde of digestion,but the broth,wherin it is boyled,louseth the bealy,& hauing sodde in it colewortes,

Poly-

Polypodium, or Cartamus, it purgeth yll hu-
murs, and is medicinable against goutes, ioynt
aches, and feuers, whiche come by courses.

Fesaunt.

Excedeth all fowles in sweteneſſe, and hol-
somnes, and is equall to a capō in nourishynge,
but he is somwhat drier, and is of some menne
put in comparison, meane betwene a hen and a
partryche.

Partriche.

Of all foules is moſte sooneſt digeſted: and
hath in him muche nutrimente, comforteth the
brayne, and maketh sede of generacion, and reui
neth luſte, whiche is abated.

Quayles.

Although they be of some men commended,
yet experience proueth them to increaſe melanco
lie, and are of small nourishing.

Larkes.

Be as well the fleſhe as the brothe very hol-
some: eaten roſted, they do much helpe agaynſt
the colyke, as Dioſcorides saith.

Plouer.

Is slowe of digeſtion, nowriſheth litle, increa
seth melancoly.

Blacke byrdes or ouſyls.

Amonge wild foule hath the chiefe prayſe, for
lyghtnes of digeſtion, and that they make good
nowriſhment, and litle ordure.

Sparowes.

Be hard to digeſt, and are very hotte, and stie
reth vp venus, ſpecially the braynes of theim.

wood

¶ Woodcockes.

Are of a good temperance, and metely lyght in digestion.

Pygeons.

Be easily digested, and are verie holsome to them, which are fleumatike, and pure melãcoly.

Goose.

Is harde of digestion, but beinge ponge and fatte, the winges be easy to dygest in a hole stomake, and nourisheth competently.

Ducke.

Is hotter than goose, and harde to digest, and maketh worse iuice, sauing the brawnes on the breast bone, and the necke, is better than the rẽnant.

Crane and Bustarde.

Crane is harde of digestion, and maketh yll iuyce, but beinge hanged vp longe in the ayre, he is the lesse vnholsome. Bustarde being fat, and kept without meate a daye or two afore that he be killed, to expoulse his ordure, and than drawen, and hanged as the Crane is, beinge rosted or baken, is good meate, and nourisheth well, if he be well digested.

Hearon, Byttour, Shoueler.

Beinge ponge and fatte, be lightlier digested than crane, and the bittour sooner than the hearon. And the shoueler soner than anie of theim, but all these foules muste be eaten with muche Synger or Pepper, and haue good olde wyne drunke after them, and so shall they be more easily digested, and the iuyce comming of them be the lasse noyfull.

The

The partes and membres of birdes and beastes. Cap. 13.

The winges, brawnes, and neckes of gese capons, Hennes, fesaunte, partriche, and small bydes, being fatte, are better than the legges in digestion, and lighter in nourishing. Of wildfoule and pigeons being fatte, the legges are better than the winges, the brawnes of ducke, teale, and wigeon except whiche is better to digest than the residue.

The gysar or stomake.

Of a goose or henne, being fatte with branne and mylke, being well sodden or made in poulder, is good for the stomake, in making it strong to digest, and nourisheth competently.

The liuer.

Of a capon, henne, fesaunt or goose beynge made fatte with mylke myxt with their meate, is not only easy to digest, but also maketh good iuice, and nourisheth excellently. But the lyuers of beastes be ill to digest, passeth slowly, and maketh grosse blud, but it is strong in norishinge.

The inwarde of beastes, as tripes. and chitterlinges.

The flesshe of theim is more harde to dygest, And therfore although they be wel digested, yet make they not iuice naturally sanguine or clene but raw iuice and colde, and requyreth a longe tyme, to be conuerted into bloud.

The lunges or lightes.

Are more easy to digeste than the lyuer, and lesse nourisheth. but the nourishement, that it maketh

maketh, is fleumatike. All be it the lunges of a Fore, is medicinable for them, which haue sicknesse of the lunges.

The splene or mylt.

Is of ill iuyce, for it is the chãber of melancoly.

The herte.

Is of harde flesshe, and therefore is not soone digested, nor passeth shortelye, but where he is wel digested, the iuyce that it maketh, is not to be dispraysed.

The brayne.

Is fleumatike, of grosse iuice, slowe in dygestinge, noyouse to the stomacke, but where it is wel digested, it nourisheth muche.

Marow.

Is more delectable than the brayne, it is ill for the stomake, but where it is well digested, it norisheth muche.

The stones and vdders.

Being well digested, doo nourisshe muche, but the stones are hotter with their moystnesse, the vdders colde and fleumatike: they both doo increase sede of generation: but the bloude made of the vdder is better than that which commeth of the stones, except it be of calues and lambes. Also the stones of cockes, maketh commẽdable nourishment.

The heade.

The flesshe thereof nourisheth much, and augmenteth sede, but it is slowe of dygestion, and noyeth the stomake, but to them, which vse muche exercise, it is not commendable.

The tongue.

Is of a spungy and sanguyne substance, but

the

the kernelles and gristell, which are in the roo-tes, if they bee well digested, they make good nourishement, yf they be not well digested, they make flewme.

The feete.

Beinge wel boyled and tender, in a hole sto-macke, dygesteth well, and maketh good iuyce, and passeth forthe easelye. Galene commendeth the feete of swine: but I haue proued, that the feete of a ponge bullocke, tenderly sodden, and layde in sowse two daies or three, and eaten cold in the euenинge, haue brought a cholerike sto-make into a good digestion and slepe, and ther-with hath also expulsed salt fleume and choler: and this haue I found in my self by often expe-rience, alway foresene, that it be eaten before a-ny other meate, without drinking immediately after it.

Of fishe generally. Cap. 14.

The best fishe after the opinion of Galen is that, whiche swimmeth in a pure sea, and is tossed and lyfte vp with windes & sourges. The more caulme that the wa-ter is, the worse is the fish. They which are in muddy waters, do make much fleume & ordure, taken in fennes and diches be worste, beinge in freshe riuers and swifte, be sometime commen dable: All be it generally all kindes of fishe ma-keth more thinner bloude than flesshe, soo that it doeth muche nourisshe and it doothe sooner passe ouer by vapours: to a hot cholerike sto-macke, or in feuers, somtyme they be holsome,

beinge

beinge new, freshe, and not verye harde in sub-
stance or slymy, hard fishe is harde of digestion:
but the nourishment therof is more firme, than
that whiche is softe: those whiche haue muche
grosse humours in them, are best powdred.

Of Butter. Cap. 15.

BUtter is also nourishing, and profiteth to
them, whiche haue humours superfluous
in the brest or lounge, and lacketh ripinge
and clensinge of them, specially if it be ea-
ten with sugar or honey. If it be well salted it
heateth and clenseth the more.

Of Cheese. Cap 16.

CHese by the hole sentence of all aunciente
writers, letteth digestion, and is enempe
vnto the stomake. Also it ingendreth yll
humurs, & bredeth ꝑ stone. The chese whi
che doth least harm is soft chese reasonabli salted
which some men do suppose nourisheth much.

Of Egges. Cap. 17.

EGges of fesantes, hēnes, and patriches be
of all other meates most agreable vnto na-
ture, specialli if they be new laide: if they be
reere, they do clense the throte and the brest
If they be harde, they be slow in digestion: but
being ones digested, they do nourish muche.
Meane betwene rere and hard, they dygest con-
uenientlye, and nourishe quickely. Egges wel
poched, are better than rosted. If they be fried
hard, they be of yll nourishement, and do make
stinking fumes in the stomake, and doo corrupt
other meates, with whom they be mingled.
They be most holsome, whan they be poched,

and

and most vnholsome, whan they be fried. Dioscorides saith, If they be souped warme, before any other meate, they do heale the griefes of the bladder, and raines, made with grauell: Also soreneſſe of the chekes and throte, and spittinge of bloud: and they be good agaynst cattarres or stillinge out of the head, into the stomake.

Of drinkes, and fyrst of VVater. Cap. 13.

VNdoubtedly water hath preeminence aboue all other lycors, not only because it is an elemēt, that is to say, a pure matter wherof all other lycours haue theyr original substance, but all so for as muche, as it was the very naturall and first drinke, to all maner of creatures. wherfore the sayinge of Pindarus the poiete was euer well allowed, which saythe, water is best. And one thing is to be well considered, that from the creation of the worlde, vntyll the vnyuersall deluge or floudde, durynge whiche time, men lyued eyght or nine hundred yeres, there was none other drink vsed nor knowen but water. Also the true folowers of Pythagoras doctrine, dranke onlye water and yet lyued longe, as Appolonius, and other, and in the serchinge out of secrete and misticall thynges, their wittes excelled. Moreouer, we haue sene men and women of great age, and stronge of body, whiche neuer, or very seldome, dranke other drinke, than pure water: As by example, in Cornewal, although that the countrey be in a very colde quarter, whiche proueth, that yf menne from theyr infancie were accustomed to

none

none other drinke but water onlye moderately vsed, it should be sufficiente to kepe naturall moisture, and to cause the meate that is eaten to perce and discend vnto the places of digestion, whiche are the purposes that drinke serueth for. But now to the qualities of water, after the sentence of auncient philosophers and phisicions. The rayne water, after the opinion of the most men, if it be receiued pure and clene, is most subtill and penetratiue, of any other waters: The next is that, which issueth out of a spinge in the east, and passeth swiftly among great stones or rockes: The third is of a clene riuer, which renneth on great hard stones or pebles. There be diuers meanes to trie out, which is the best water for that whiche is lightest in poyse or weight is best. Also that, whereof commeth least skyme or froth, whan it doth boyle. Also that which wyll soonest be hot. Moreouer deepe linnen clothes in to sundrie waters, and after lay them to drie, * that whiche is soonest drie, the water wherein it was deped is most subtill. After a greate surfet, specially taken with superfluous eatinge of ban kettyng meates, cold water dronken is a generall remedy. Hippo. affirmeth, that in sharp and feruent diseases, none other remedie is to be required than water. And Galene will not, that childzen should be let from drinkinge of water, but that whan they fele them selues very hotte, after meales and do desire to drinke water, specially of a clene fountain, they shuld be suffered. Also Hippo. saith, In suche sickenes where as thou feareste, least the head shuld be vehementlye

De ratione uictꝰ in morb. acutis. Lib. 3

greued, or the mynde perished, there muste thou geue either water, or white wyne alayed with much water. Notwithstandinge there be in water causes of diuers diseases, as of swellyng of the splene, and the liuer, it also slitteth & swymmeth, and it is longe or it perceth, in asmuch as it is colde and slow in decoction, it looseth not the healy, nor prouoketh vrine. Also in this it is vicious, that of his proper nature, it maketh none ordure. Finally, alway respect must be had to the person, that drinketh it, for to ponge men and them that be hotte of complexcion, it dothe lesse harme and sometime it profiteth: but to them that are feble, olde, fleumatike, or melancoly, it is not conuenient.

Of vvyne. Cap. 19.

PLato, the wisest of all philosophers, doth affirme, that wine moderately dronke, norisheth and comforth, aswell all the bodye, as the spirites of man. And therfore God did ordeine it for mākinde, as a remedy against the incommodities of age, that thereby they should seme to retourne vnto youth, and forget heuinesse. Undoubtedly wine heateth, and moysteth the bodie, whiche qualities chiefely conserueth nature. And Galene of all wynes, commendeth that, which is yelow and cleare, saying that it is the hottest, and white wine least hotte. And the colour meane betwene both, of semblable temperature. The yelowe wyne, whiche is the proper colour of very hotte wynes, to olde men doth bring these commodities. First it heateth all their membres, also it pourgeth by vrine

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the watrie substaunce of the bloude. Moreouer the wynes, whiche be pale or yelow, and full of substance, they do increase bloud, and nourishe the bodie, but for the more part olde men haue nede of suche wines, whiche doo prouoke vrine: for as muche as in them do abounde watrie excrementes, or superfluitees, and they whiche do tary longe in the beali, be not apt for aged men. Blacke or deepe red wines and thicke, do binde and congele that whiche they do find in the bodie, and although some of them do not longe abyde in the bealie, yet they moue not vrine, but rather withdraweth: but yet they do harme to olde men, for as much as they do stop the conduites of the splene, the liuer, & the raines. Also grosse wynes be best for them, whiche desire to be fatte but it maketh oppilacions. olde wyne and cleere is better for theim that be fleumatike. Galene also prohibiteth children to drinke anye wine, for as muche as they be of an hotte and moist temperature, and so is wyne: and therfore it heateth and moisteth to muche their bodies, and filleth their heades with vapours. Moreouer, he would, that yong men should drinke littell wine for it shall make them prone to furie, and to lecherie, and that parte of the soule whiche is called rationable, it shall make troublous and dul, notwithstanding, yet it is somtime profitable to mitigate or expell ordure, made of coler or melancholie. Also it profiteth againste drithe, whiche happeneth in the substaunce of the bodye, eyther by to muche laboure, or by the prope temperature of age: for wyne moysteth and

Lib. 1. de tuēda sanitate.

nourisheth that, whiche is to drie, also mitigateth and dissolueth the sharpnesse of choler, and purgeth it also by vrine and sweat. Finallye (as Theognes saith,) Muche drinking of wyne is yll, but moderate drinking of wyne is not only not yll, but also commodious and profitable, whiche sentence is confirmed by Jesus Syrac, in the boke named Ecclesiasticus, saying: wyne moderately dronke, reioyseth both the body and soule. Wherfore to conclude this chapter: there is nether meate nor drinke, in the vse whereof ought to be a more discrete moderacion, than in wine considering that beinge good and dronke in due time and measure, it not only conserueth naturall and radicall moisture, whereby life indureth, but also it helpeth the principal mẽbres, which belong to digestion, to do their office: on the other part, being yll or corrupt, or taken out of order and measure, it doth contrary to all the premisses, besides that, it transformeth a man or woman, making theym beastlye. More of the qualities of wyne shall be touched hereafter in the order of diete.

Of Mylke. Cap. 20.

MYlke is compacte of three substaunces, creame, whaye, and cruddes. The moste excellent milke is of a womã. The mylke of a cow is thickest, the milk of a camell is most subtill, the milke of a goate is betweene cowe mylke, and camell mylke. Ewes mylke is betweene cowe mylke and asses mylke, Also the mylke of beastes feedyng in large pastures, and out of Fennes and Marshes, is better than of theim

them, whiche be fed in little cloſes, or in watrie groundes. In ſpring time mylke is moſt ſubtil, and mylke of yong beaſtes is holſomer than of old. To childzen, old men, and to them, whiche be oppreſſed with melancoly, or haue the fleſhe conſumed with a feuer, ethicke mylke is conuenient. And generally to all them, which do not fele the milke riſe in their ſtomakes after that thei haue eaten it: in thoſe perſons, it dothe eaſily purge that, which is in the bealy ſuperfluous. And afterward it entereth into the veynes, and bringeth good nouriſhment. Whoſoeuer hath an appetite to eate or drinke milke, to thentent that it ſhall not a riſe or abraide in the ſtomake, let hym put into a veſſell, out of the whiche he wyll receyue it, a fewe leaues of mynte, ſugar or pure honey. And into that veſſell cauſe the beſt to be mylked and ſo drinke it warme from the vdder, or els let him do as Paulus Aegineta teacheth, that is to ſaie, boyle firſt the milke with an eaſy fier, and ſeeth it after with a hotter fier, and ſkyme it clene, and with a ſpunge draped in colde water, take that clene away, which woulde be burned to the veſſell, than put to the mylke ſalt and ſugar, and ſtere it often. Moreouer milke taken to pourge melancholie, would be dronke in the morning abundantly new milked, as is before writen. And he that drinketh, ſhoulde abſteyne from meate, and exercciſe, vntil the milke be digeſted, and haue ſomewhat pourged the bealy. For with labour it becommeth ſowre: and therfore it requireth reſt and watche, or to walke very ſoftely. Finally, where men and women

oribaſi de conſtitione ciborū. Lib. 3.

be vsed from their childhood, for the more parte to mylke, and to eate none or littell other meat, but mylke and butter, they appere to be of good complexion and facion of body, and not so muche vexed with sickenesse, as they whiche drinke wyne or ale, not withstandynge muche vse of milke in men sanguine or cholerike, doothe ingender the stone.

¶ Of ale, biere, cydre, and whay. Cap. xi.

I Can neither here nor reade, that ale is made and vsed for a common drincke in any other countrey, than England, Scotland, Ireland and Poyle. The latine word Ceruisia, is indifferent as well to ale as to biere. If the corne be good, the water hollsome and cleane, and the ale or biere wel and perfitly brewed and cleked, and by the space of .vi. dais or more settled and defecate, it must nedes be a necessarye and conuenient drinke, as well in sickneſſe as in health: considering that barly corn, wherof it is made, is commended, and vsed in medicine, in all partes of the worlde, and accompted to be of a singuler efficacie in reducynge the bodye into good temper, specially whiche is in a distemperature of heate. For what auncient phisicion is there, that in his workes commendeth not Ptysane, which is none other than pure barly braide in a morter, and sodden in water, the same thinge is small and cleane ale or biere, saynge that par chance, the drying of the malte is cause of more drithe to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operation. But to say as I thinke, I suppose, that neyther

ale

ale nor beere is to be compared to wine, conside
ringe, that in them do lacke the heate and moy=
sture, whiche is in wyne. For that being modera
tely vsed, is moste like to the naturall heate and
moysture of mans bodye. And also the licour of
ale and biere, being more grosse do ingẽder more
grosse vapours, and corrupt humours thã wine
doth, being dronke in like excesse of quantitie.
¶ As for Cider may not be good in any condi=
tion, considering (as I say) that all fruites doo
ingender yll hvmours, and doo coole to muche
naturall heate: but to theym, whiche haue abun=
dance of redde choler, moderately vsed, it some=
what profiteth in mitigacion of excessiue heate.
But who that will diligently marke in the cõũ=
treis, where cyder is vsed for a common drinke,
the men and women haue the collour of theyr
visage palled, and the skinne of their vysage ri=
ueled although that they be yonge.

Whay, if it be left of the butter, being wel or
dered, & not dronke, vntil it haue a thick curd of
milke ouer it, like to a hat, is a right temperate
drinke, for as much as by the vnctuositee of the
butter, wherof the whey reteyneth som porciõ, it
is both moist and norishing, & clenseth the brest,
and by the subtilnes of it selfe, it descendeth sone
from the stomake, and is shortly digested. Also
by reason of the affinitie, whiche it hath wyth
mylke, it is conuertible into blud and flesche, spe
cially in those persons, whiche doo inhabite the
north partes, in whom naturall heate is congiu
tinate, & therfore is of more puissaunce & vertue
in thoffice of concoction. Also custom frõ childe=

hoode doeth eleuate the power of meates and drinkes in their disposition, notwithstandynge that the.iiii.humours, sanguine, choler, fleume and melancholy, must also be considered, as it shall appere in diuers places hereafter.

Of Honey. Cap. 27.

HOny as wel in meat as in drinke is of incōparable efficacy, for it not only clenseth altereth and nouriseth, but also it longe time preserueth that vncorrupted, which is put into it. In so muche as Plinie saieth: suche is the nature of hony, that it suffred not the bodies to putrifie. And he affirmeth, that he did se an Hippocentaure (whiche is a beaste halfe man, halfe horse) brought in hony to Claudius the emperour, out of Egipt to Rome. And he telleth also of one Pollio Romulus, who was aboue a hundred yeares olde, of whome Augustus the emperour demaunded, by what meanes he liued so longe, and reteyned styll the vygour or liuelinesse of body and minde. Pollio answered, that he did it inwarde with meade (whiche is drinke made with hony and water) outward with oyle. Whiche saynge agreeth with the sentence of Democritus, the greate Philosopher: who beinge demaunded, howe a manne myght lyue longe in health, he answered: If he weete him within with honey, without with oyle. The same philosopher, whan he was a hundred yeres olde and nine, prolonged his life certaine dayes with the euaporacion of honey, as Aristorenus writeth. Of this excellent matter, most wounderfully wrought & gathered by the little Bee,

Plin. li 22

as

as wel of the pure dewe of heuē, as of the moste subtil humour of swete and vertuous herbes & flouers, be made likors cōmodious to mankind as meade, metheglin, and oximel. Meade which is made with one parte of honie, and foure tymes so muche of pure water, an boyled vntylle no skimme do remaine, is muche commended of Galene, dzuncke in sommer, for preseruinge of health. The same aucthor alwaye commendeth the vsinge of hony, eyther rawe eaten with fyne breade somwhat leuened, or sodden, and receyued as dzinke. Also meade perfectly made, clensseth the brest and lunges, causeth a man to spyt easely, and pisse abundantlie, and pourgeth the bealy, moderately. Metheglin, whiche is moste vsed in wales, by reason of hotte herbes boyled with hony, is hotter than meade, and more comforteth a colde stomake, yf it be perfectly made and not new or verie staie. Oximel is, where to one parte of vineger is put double so muche of honie, foure times as muche of water, and that beinge boyled vnto the thirde parte, and cleane skimmed with a fether, is vsed to be take, wher in the stomake is muche fleume or matter vndigested, so that it be not red choler. Loke the vse therof in Alexandzotrallano. Many other good qualities of hony I omit to writ of, vntill some other occasion it shall happen, to remember them particularly, where they shal seme to be profitable

Libr. 4. de tuen dsanitate.

Suger. Cap. 23.

OF suger I do fid none auncient authors of Grekes or latines, to write by name, but only Paulus Aegineta, who saithe

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in this wise, after that he hath treated of honey, Moreouer sugar, which they call honey, that is brought to vs from Arabia, called Felix, is not so swete as our honie, but is equall in vertue, & doth not anoy the stomake, nor causeth thyrst. These be the wordes of Paulus. It is nowe in daylys experience, that sugar is a thinge verye temperate and nourisshinge, and where there is choler in the stomake, or that the stomake abhorreth hony, it may be vsed for hony in al thinges wherin hony is required to be. With sugar and vineger is made syropus acetose.

Of Tyme. Cap. 24.

winter. IN the consideration of tyme, for takinge of meates and drinkes, it is to be remembred, that in winter meates ought to bee taken in greate abundance, and of a more grosse substance than in sommer, for as muche as the exterior ayre, which cõpasseth the body beinge colde, causeth the heate to withdraw into the inner partes, where being inclosed, & gathered nigh togyther in the stomake and entrailes, it is of more force to boile & digest that, which is receued into it. Also meates rosted, are than better than sodden, and flesche and fish powdred, is than better than in sommer, herbes be not then cõmẽdable, specially raw, nether fruites, except quinces rosted or baked. Drinke should be than takẽ in littel quantitie. Moreouer wines shall nede no water or very litel, and that to cholerike persones: red wines, & they which be thicke and swete, may be than most surely taken of thẽ, which haue none oppilacions, or the stone. Alway remembre that

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in winter fleume increaseth by resone of raygne and moystnes of the season, also the lengthe of nyghtes and muche rest. And therefore in that time cholerike persons ar best at ease, semblably are yong men, but to old men winter is enemie. It beginneth the. viii. daie of Nouember, and endureth vntil the. viii. day of February.

Gal. in commēt in apho. 2. libri 3.

The springe time dothe participate the fyrste parte with winter, the latter parte with Sommer. Wherefore yf the first parte be colde, than shall the diete be accordinge to wynter. If the ende be hotte, than shall the diet be of sommer. If bothe partes be temperate, than should there be also a temperance in diete: alwaye consyderinge, that fleume yet remayneth, & bloud than increaseth. And meate wolde be lesse in quantite than in winter, and drinke somwhat more.

Spring tyme. Hippocrates de natura humana

Springe time beginneth the. viii daye of February, & continueth vnto the. viii. day of Maie In sommer the inward heat is but lytle, and the stomake doth not digest so strongly nor quickly, as in winter, wherefore in that season, eatynge often, and a litle at ones, is moste conueniente. And Damascenus saithe, that fastynge in sommer drieth the bodie, maketh the colour salowe, ingendreth melancoly, and hurteth the sight, also boyled meate, breade steped in white brothe. with sodden lettise, or cycory, are than good to be vsed. Also varietie in meates, but not at one meale, potages made with colde herbes, drynke in more abundance, wyne alayd with water, to hot complexions much, to colde natures lasse. In this season bloud increaseth, and towarde the

Ga. com apho. 13 libri. i. sommer

Hippo de hu morib°.

the ende therof, choler. And therfore they, which be colde of nature and moiste, are than beste at ease, hotte natures and drie worste: Moreouer, childzen, and very yonge men in the beginnynge of sommer, are holest, old folke in the latter end and in harueste. sommer beginneth the. viii. daye of may, & cõtinueth vntil the. viii. day of August Autumne beginneth the. viii. dai of August, and endeth the. viii. daye of Nouẽber, that season of the yeare is variable, & the aire changable, by occasion wherof, happen sondzi sicknesses, blud decreseth, & melancoly abũdeth: wherfore all sommer fruites wold thã be eschewed, for as muche as they make ill iuyce and windes in the body. In this time meate wolde be more abũdant thã in sommer, but somewhat drier: drinke muste be lesse in quãtitie, but lasse mixt with water. This tyme is dangerous to all ages, all natures, and all countreys, but the natures hotte and moyste be lest indamaged.

Gal. in commẽt in aph.

¶ Diete concerning sondzy tymes of the yeare writen by the olde phisicion Diocles to kinge Antigonus.

FRom the. xii. day of December, at the whyche tyme the day is at the shortest, vntil the ninth day of Marche, whiche do conteyne lxxxx. dayes, rumes & moystures do encrese, than meates and drinkes naturally very hotte wolde be moderately vsed. Also to drinke abundantly wine without alay or with litle water, and to vse liberally the company of a womã, is not vnholsome to the body.

¶ From the nynthe daye of marche, at whiche tyme

tyme ts Equinoctiū verdum, vnto the. xxv. day of apryll, swete fleume and bloud doo increase: therfore vse thou thinges hauinge muche iuyce and sharpe, exercyse the bodye diligentlye, than may ye vse safely the companie of a woman.

¶ From the xx. day of Apryll, to the. xiiii. daye of June, Choler increaseth, than vse all thinges that are swete, & do make the bealy soluble, forbeare carnall company with women.

¶ From the. xiiii. day of June, at whiche tyme the day is at the lēgest, vnto the. xii. dai of September, doth melancoly reygne, forbeare carnal company, or vse it moderately.

¶ From the .xii. daye of September, vnto the xvii. day of October, doo abounde fleume and thynne humours, than wold all fluxes and dystillations be prohibited, than all sharp meates and drinkes and of good iuice, are to be vsed, & carnal occupacion shuld than be eschewed:

¶ From the. xvii. dai of October, to the. xii. day of December, increaseth grosse fleume, vse therefore al bytter meates, swete wines, fatte meat, and muche exercise.

Of Ages. Cap. 25.

Childre

Gal. de tuen. sā. lib. i.

CHildren wold be nourished with meates and drinkes, whiche are moderatelye hot and moyste, not withstandynge Galene doth prohibite thē vse of wine, because it moysteth and heateth to muche the bodye, and fylleth the heades of them, which are hotte and moist with vapours. Also he hermitteth them in hot wether to drinke clere water of the foūtain.

Oribasi us devir tutesim. lib.i.

¶ A childe growinge fast in his mẽbres toward a man, so that he semeth well fedde in the bodie, is than to be feared of fulnesse of humours, and if it be perceyued, that he is replete, than muste be withdrawen and minished some parte of that nutriment, and accordinge vnto his age, some euacuation wold be deuised, other while by exercise, walking vp and downe fastinge, and before that they eate any meate, let them exercise them selfes with their owne labours: & do their owne accustomed busines, and eate the meates whervnto they be most vsed, so that it be suche, that may not hurt them. And this nede they not to knowe of phisicions, but bi experience and diligent serche by their stoole, theyr norryces shall perceiue what digesteth wel. and what doth not.

¶ But if it appere that by excessiue feedyng the bealy of the childe is fuller and greater than it was wont to be, and that whiche passeth by the bealy, is corrupted, or his sweate stinketh, these thinges knowen, yf they eate stronge meates, geue thẽ not one kinde of meat, but diuers, that the noucite of the meate maye helpe, that they maye goo more easilie to the stoole: For if any haue an vnreasonable appetite, he is soner recouered, if he be pourged by a boile or impostum comen forthe and broken, before that the meate be corrupted, and after that lette hym eate fyne meates: and being ones hole, retourne by littell and littel to his old custome.

yong mẽ

¶ Yonge men, excedinge the age of. xiiii. yeres, shall eate meate more grosse of substance, colder and moister, also salades of colde herbes, and

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to drinke seldome wyne, except it be alayd with water. Al be it, al these thinges must be tempred according to their complexions, exercyse and quietnes in liuing, wherof ye shall rede in their proper places hereafter. Olde men, in whom natural heate & strength semeth to decay, shuld vse alway meates, whiche are of qualitie hotte and moyst, and therwithall easye to be digested, and abstein vtterly from al meates & drinkes, which wil engender thicke iuice and slimy, semblablie from wine, whiche is thick, swete, and dark red wines, and rather vse theym, whiche will make thin humours, and wil purge well the bloud by vrine, therfore white or yelow wynes, and perchance frenche claret wines are for them verye commendable. Also wine prepared wyth pure hony clarified, wherin rootes or persly or fenell be steped, specially if they suspect any thinge of the stoone or goute. And if they more desyre to clense their raynes and bladder, than it is good to vse small white wine, as racked renish wine, or other like to it. And sometyme to stepe ouer night therin a persly roote slyt, and somewhat bruised, and a litle liquorice. Fynally, let theym beware of all meates that will stoppe the powres, and make obstructions or opilacion, that is to saye, with clammy mattier stoppe the places, where the naturall humours are wrought and digested, the whiche meates I haue before sette in a table. But yf it chaunce theim, to eate any suche meate in a bundance, lette theym take shortly suche thinges, as doo resyst opilacyons, or resolue them. As whyte pepper, bruised and

Olde men

Paulus Egineta lib. i. cap 23.

Opilations what they ar.

myxte

myxt with theyr meates or drynke, garlyke also or onyons, if they abhorre them not. Alway remembre that aged men shuld eate oftē, and but lyttle at euerie time, for it fareth by theim, as it doth by a lampe, the light wherof is almoste extincte, whiche by pouringe in of oyle litteli and litteli, is longe kept burninge: and with muche oyle poured in at ones, it is cleane put out. Also they muste forbeare all thinges whiche doo ingender melancoly, wherof ye shall reade in the table before: and breade clene without leuen, is to them vnholsome.

Moderation in diete, hauing respect to the strength or vveaknes of the person. Cap. 26

NOw here it must be considered, that all though I haue writtē a generall dicte for euery age, yet neuertheleſſe it must be remēbred, that some children and yong mē eyther by debilitie of nature, or by some accydētal cause, as sickncs, or muche study, happen to gather humours fleumatike or melācoly in the places of digestion, so that cōcoction or digestiō is as weake in thē as in those which are aged. Semblably some olde men finde nature so beneficiall vnto them, that their stomakes and lyuers are more stronge to digest than the sayde yonge men, some perchaunce haue muche choler remayninge in theim. In these cases the sayde yonge men must vse the diete of olde menne, or nygh vnto it, vntill the discrasi be remoued, hauynge alwaye respecte to their vniuersall complexions

plexrions, as they whiche are naturally cholerike to vse hotte thinges in a more temperaunce than they, whiche be fleumatike, or melancholy by nature. The same obseruacion shall be to olde men, sauing that age, of his owne property is colde and drie, therfore the olde man, that is cholerike, shall haue more regard to moisture in meates, than the yonge man beinge of the same complexcion. Foreseen alwaye, that where nature is offended or greued, she is cured by that, whiche is contrarie to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drithe. In that where by nature should be norished in a hole and temperatte body, thinges must be taken, whiche are lyke to the mans nature in qualitie and degree. As where one hath his bodye in a good temper, thinges of the same temperance doeth nourishe him. But where he is out of temper, in heate, colde, moysture or drithe, temperate meates or drinkes nothing do profite him. For being out of the meane and perfit temperature, nature requireth to be thereto reduced by contraries, remembring not only, that contraries are remedie vnto their contraries, but also in eueri contrari consideracion must bee had of the proporcion in quantitie.

Hippo apho. Gal. in commēt

Tymes in the day concerning meales. Cap. 27.

BEsides the tymes of the yeare, and ages, there be also other tymes of eatynge and drinkinge to be remembred, as the sondry

times in the daie, whiche we call meales, whiche are in number and distaunce, accordinge to the temperature of the countrey and person. As where the countrey is cold, and the person iustie and of a strong nature, there may mo meales be vsed, or the lesse distance of time betweene them. Contrariwise in contrary countreis and personages, the cause is afore rehersed, where I haue spoken of the diet of the times of the yere, not withstandinge here, must be also consideracion of exercise and rest, which doo augmente or appeire the naturall dispocicion of bodies, as shalbe more declared hereafter in the chapter of exercise. But concerninge the generall vsage of countreys, and admitting the bodies to the perfect state of health, I suppose that in Englande yong men, vntil they come to the age of .xl. yeres may well eate three meales in one dai, as at breke faste, dinner and supper, so that betwene breakefaste and dinner, be the space of .iiii. houres at the leaste, betwene dinner and supper .vi. houres, and the breakfaste lesse then the dyner, and the diner moderate, that is to saye, lesse than saciete or fulnesse of the bealy, and the drinke therevnto measurable, according to the drynesse or moystnesse of the meate. For muche aboundance of drinke at meale, drowneth the meate eaten, and not onely letteth conueniente concoction in the stomake, but also causeth it to passe faster than nature requireth, and therefore ingendreth muche fleume, and consequently reumes, and crudenes in the veynes, debilitie and slipperneste of the stomacke, continuall fluxe, and many o-

other

ther inconueniences to the bodie and membres. ¶ But to returne to meales, I thinke brekefastes necessary in this realm, aswel for the causes before rehersed, as also for asmuch as choler being feruēt in the stomake, sendeth vpfumosities vnto the brain, & causeth hed ach, and sometime becōmeth adust, and smouldreth in the stomake, wherby hapneth perillo⁹ sicknes, and sometime sodein death, if the heate inclosed in the stomake haue not other conuenient matter to worke on: this dayly experience proueth, & naturall reason confirmeth. Therfore men and women not aged hauing their stomakes clene without putrified matter, sleping moderately and soundly in the night, and feelyng theim selfe lyght in the morning, and sweete breathed, let them on goddes name breake their faste: Cholerike men wyth grosse meate, men of other complexcions wyth lighter meate: soreseen, that they labour somewhat before: semblablye their diner and supper, as I haue before written, so that thei sleape not incontinent after their meales. And here I wyll not recite the sentences of authors, whiche had neuer experience of englishe mennes natures, or of the iuste temperature of this realme of England, only this counsell of Hippocrates shall be sufficiente. We ought to graunt somewhat to tyme, to age, and to custome: notwithstandynge where great werinesse or drithe, greueth the bodie, there ought the diner to be the lesse, and the lenger distance betwene dinner and supper. Also muche reste, except a littell softe walkinge, that by an vpright mouinge the meate being styrred

Breakefast.

Hippo apho. 18 lib. 1. Gal. de tuenda sanitate

maie discend. Thys is alwaie to be remembred, that where one feeleth him selfe full and greued with his diner, or the sauour of his meate by eructacion ascēdeth, or that his stomake is weak by late sickenesse or muche study, than it is most conuenient to abstaine from supper, and rather prouoke him selfe to sleepe muche, than to eate or drinke anie thinge. Also to drinke betweene meales, is not laudable, except very great thirst constraineth: for it interrupteth the office of the stomake in concoction, and causeth the meate to passe faster than it should do, and the drinke being cold, it rebuketh naturall heate that is working, and the meate remaininge raw, it corrupteth digestion, and maketh crudenesse in the veines. Wherefore he that is thirsty, let him cōsider the occasion If it be of salt flcume, let him walke faire and softlye, and onely washe hys mouthe, and his throate with barlye water, or smalle ale, or lie downe and slepe a littell, and so the thirste wyll passe awaie, or at the least be well asswaged. If it happen my extreme heate of the ayre, or by a pure choler, or eatinge of hotte spices, let him drinke a littell iulep made wyth cleane water and sugar, or a littell small biere or ale, so that he drinke not a greate glutte, but in a litell quantitie, let it still downe softlye into his stomake, as he sitteth, and than let hym not moue sodeinly. If the thyrste be in the euenynge by eatinge to muche, and drinkinge of Wyne, than after the opinion of the best lerned physytions, and as I my selfe haue often experienced, the best remedie is, if there be no seuer, to drinke

a good

a good draught of colde water immediately, or els if it be not peinefull for hym to vomite, to prouoke him therto with a littell warme water, and after to washe his mouth with vineger and water, and so to sleape longe and soundly, yf he can. And if in the morning he feele anie fumosities rising, than to drinke iulep of violettes, or for lacke therof, a good draught of very smalle ale or biere somwhat warmed, without eatinge any thing after it.

Of diuersitie of meates eaten, vvherby health is appaired. Cap. 28.

NOw let this be a generall rule, that sondrie meates, beinge diuers in substaunce and qualitie, eaten at one meale, is the greatest enemy to helth that may be, and that which ingendreth most sicknesses, for some meates being grosse & harde to digest, some fine and easi to digest, do require diuers operations of nature, and diuers temperatures of the stomake, that is to say, muche heate and temperate heate, whiche may not be together at one tyme. Therefore whan the fyne meate is sufficientlye boyled in the stomake, the grosse meate is rawe, so both iuyces, thone good and perfite, thother grosse and crude, at one time digested, and sente into the veynes and body, nedes must helth decaie, and sicknesses be ingēdred. Likewise in diuers meates being of diuers qualites, as where some are hotte and moist, some cold and moiste,

some hotte and drie, some colde and drie, accor-
ding therunto shall the iuyce be diuers, whiche
they make in the bodie. And lyke as betwene the
said qualities is contrarietie, so thereby shall be
in the body an vnequal tẽperature, for as much
as it is not possible for man to esteme so iuste a
proporciõ of the qualities of that, which he recei-
ueth, that thone shal not excede the other in quã-
titie. Wherfore of the saide vnequall myxture,
nedes must ensue corrupcion, and consequently
sickneſſe. And therfore to a hole man, it were bet-
ter, to feede at one meale competentlye on verye
grosse meat onlye, so that it be swete, and his na-
ture do not abhorre it, than on diuers fine mea-
tes, of sundrie substance and qualities. I haue
knowen and seene olde men, and olde women,
which eating only bieſe, baken, cheſe, or curdes,
haue continued in good healthe, whome I haue
proued, that whan they haue eaten sondrye fine
meates at one meale, haue sone after felt them
selfe greued with frettinges and head ache, and
after that they haue ben hole againe, there hath
been geuen to theim one kinde of lyght meate,
they haue doone as well therwith, as they were
wont to do with grosse meates, whan they eate
it alone, which proueth to be true that whiche I
haue reherſed. And it is good reaſon, for after
the generall opinion of philoſophers and phiſi-
cions, the nature of mankinde is beſt contente
with thinges moſt symple and vnmyxt, all thin-
ges tendinge to vnitie, wherin is the onely per-
fection. Alſo it is a generall rule of phiſike, that
where a ſickeneſſe may be cured wyth symples,

that

that is to say, with one onely thing, that is medicinable, there should the phisicion geue no cõpounde medicine myxt with manie thinges.

These thinges considered, it maye seeme to al men, that haue reson, what abuse is here in thys realme in the continual gourmandise and dayly feding on sondrie meates at one meale, the spirite of gluttony, triumphing amonge vs in hys glorious chariot, called welfare, dryuinge vs afore him, as his prisoners, into his dũgeon of surfet, where we are turmented with catarres, feuers, goutes, pleurefies, fretting of the guttes and manye or sickenesses, and finallye cruelly put to death by them, oftentimes in youth, or in the moste pleasant tyme of our lyfe, whan wee wold most gladly lyue. For the remedy wherof, how many times haue there bene deuised ordynaunces and actes of counsayle, although perchance bodily health was not the chiefe occasion thereof, but rather prouision against vayne and sumptuous expenses of the meane people. For the nobilitie was exempted, and had libertie to abide still in the dungeon, if they would, and to liue lesse while than other men: But whan, where, and howe long were the saide good deuises put in due execution, for all that thereof should succede double profite, that is to say, helth of body, and increse of substance, by eschewynge of superfluous expenses in sundry dishes? Alas howe longe wyll men fantasie lawes and good ordinaunces, and neuer determine them. Fantasie procedeth of witte, determynacion of wisedome, witte is in the deuysinge and speaking,

Gluttonie.

but wisedome is the perfourmance, whiche resteth only in execucion. Here I haue almost forgotten, that my purpose was to write of the order of diete, and not of lawes: but the feruente loue that I haue to the puplique weale of my countrey, constreined me to digresse somewhat from my matter: but now wyll I procede forth to write of order, whiche in takinge of meates & drinkes, is not the least parte of dite.

Of order in receiuing of meate and drinke. Cap. 29.

HErbes as well sodden, as vnsodden, also fruictes, which do mollifie and loose the bealy, ought to be eaten before anye other meate, except that somtime for the represslinge of fumosities, rising in the heade by much drinking of wyne, rawe lettise, or a colde appul, or the iuice of orenges or lymons maie be taken after meales in a litle quantitie. Moreouer all brothes, mylke, rere egges, and meates whiche are purposely taken to make the bealye soluble, woulde fitst be eaten. All fruites and other meates, that are stiptike or byndinge, wolde be eatē last after al other. Fruites confectionate specially with honie, ar not to be eten with other meates. But here it is to be diligentlye noted, that where the stomacke is cholerike and stronge, grosse meates woulde be first eaten, where the stomacke is colde or weake, there woulde fine meates be first eaten: for in a hot stomake, fyne meates are bourned, while the grosse meate is degesting.

digesting. Contrarywise in a colde stomake, the littell heate is suffocate with grosse meate, & the fyne meate lefte rawe, for lacke of concoction, where if the fine meate be first taken moderatly it stereth vp and comforteth naturall heate, and maketh it more able to concoct grosse meates yf they be eatē afterward. so that it be but in small quātitye: notwithstandinge, as I late affirmed, one maner of meate is most sure to euery complexion, forsene that it be alway most cōmonly in conformitie of qualities, with the person that eateth. Moreouer take hede that slipper meates be not first eaten, lest it drawe with it to hastely other meates, or they be digested nor that stiptik or restraining meates, be take at the beginning as quinces, peares, and medlars, lest they maye let other meates, that they discende not into the bottom of the stomake, where they should be digested: notwithstanding the confection made w the iuice of quinces, called Dacytonites, taken two houres afore diner or supper, is commēded of Galene, and other, for restoring appetite. and making good concoction. Also concerning drink at meales, it wolde not be afore that somewhat were eaten. And at the begining the drink wold be strongest, & so toward the ende more smal if it be ale or bere, & if it be wine more & more alayed with water. And after the better opinion of phisitions, the drinke wold rather be myxt with the meate by sondry litle draughtes, than with one gret draught at the end of the meale, for the mixture tempreth well the meate without anoyance a great draught with much drink, drowneth the meate

Drinke at meales.

meate, rebuketh naturall heate, that than wor-
keth in concoction, and with his weight driueth
downe the meate to hastily. Hotte wynes and
sweete, or confectioned wyth spices, or verye
stronge ale or biere ar not conuenient at meales
for the meate is by theim rather corrupted than
digested, and they make hotte and stinkinge va-
pours ascende vp to the braines. Albeit if the sto
make be very windy or so colde and feble, that
it can not concocte such a quantitie of meate, as
is required to the sufficient nourishement of the
bodie of him that eateth, or hath eaten raw her-
bes or fruites, whereby he feleth some annoiãce,
than may he drinke laste incontinente after hys
meale, a littel quantitie of secke, or good aqua-
uite in small ale, but if he haue muche choler in
his stomake, or a head full of vapours, it were
muche better, that he did neither drinke the one
nor the other, but rather eate a littell coliander
sede prepared, or a piece of a quince rosted, or in
a marmelade, and after rest, to amend the lacke
of nature with slepe, moderate exercyse, & play-
sters prouided for comforting of the stomake.
And here will I leaue to write any more of the
diete in eatinge and drinkinge, saynge that I
would, that the readers should haue in remem-
brance these two counsailles. First, that to an
hole man, to precise a rule is not conueniente in
diet, and that the diseases, whiche do happen by
to muche abstinence, are worse to be cured, then
they which come by repletion. And Cornelius
Celsus saith. A man that is hole & well at ease,
and is at his libertie, ought not to bind him self

Cor. cel li. 1. ca. 1. idē. ca. 2

to

to rules or nede a phisicion: but yet where the sto make is feble, as is of the more part of citesens and well nigh all they that be studious in lernig or weighty affaires, there ought to be more circumspection, that the meat may be such, as that either in qualitie or quantitie, nature being but feeble, be not rebuked or to muche oppressed.

Of sleape and vvatche. Cap. 30.

The commoditie of moderate slepe, appereth by this, that naturall heate, which is occupied aboute the matter, whereof proceedeth nourishment, is cōforted in the places of digestion, and so digestiō is made better, or more perfit by slepe, the body fatter, the mind more quiete and clere, the humours temperate: and by much watche all thinges happen contrarie. The moderation of slepe muste be measured by health and sickneſſe, by age, by tyme. by emptineſſe or fulneſſe of bodye, and by naturall complexions First to a hole man, hauyng no debilitie of nature, and digesting perfectelye the meate that he eateth, a litle sleape is sufficient: but to them, whiche haue weake stomakes, and doo digest slowlie, it requireth, that slepe be muche lenger. semblable temperance is requyred in youth and age, winter and sommer. The body being full of yll humours, very littell slepe is suffitient, except the humors be crude or raw, for than is slepe necessarie, whiche digesteth the better than labour. Semblably where the bodie is long emptie, by longe sickneſſe or abstinence, slepe comforteth nature, as wel in the principall

membres

membres, as in all the other. Also regarde must be had to the complexion, for they that ar hotte and do eate littell, and degeste quickely, a littell slepe serueth, specially e to cholerike personnes, for in them muche slepe augmenteth heate, more than is necessary, wherby hot fumes and inflamacions are often ingendred, and sometyme the naturall choler is adust or putrified, as experience teacheth. Fleumatike persons ar naturally inclined to slepe: and bicause they ingender moche humours, they require more slepe than sanguyne or cholerike. Persons hauinge naturall melancoly, not proceding of choler aduste, doo require verie much sleape, which in them comforteth the powers animall, vital, and naturall, which ye may find writē in the tables preceding Sleape woide be taken not immediatelie after meales, and before that the meate is discended from the mouth of the stomake. For thereby is ingendred peines and noise in the bealy, and digestion corrupted, and the slepe by yll vapours, ascending, made vnquiete and troublous, more ouer immoderate slepe maketh the body apt vn to palseis, apoplexis, falling sicknes, rewines, & impostumes. Also it maketh the wittes dull, and the bodye slow and vnapte to honest exercyse. Semblably immoderate watche dryeth to much the body, and doth debilitate the powers animal, letteth digestion, and maketh the bodye apt to consumpcions. Wherfore in these two thinges, as well as all other, a diligente temperance is to be vsed, the moderatiō is best coniectēd (for it is harde perfectly to know it) by the

sensi

ſenſible lightnes of al the bodie, ſpecially of the brayne, the browes, and the eyes, the paſſage downe of the meate from the ſtomake, the wyll to make vrine, and to go to the ſtoole. Contrariwiſe, heuines in the bodie & eyes, and ſauour of the meate before eaten, ſignifieth that the ſleap was not ſufficiēt. They that are hole muſt ſlepe firſt on the right ſide, becauſe the meate may approche to the liuer, which is to the ſtomake, as fyre vnder the potte, and by him is digeſted. To them whiche haue feble digeſtion, it is good to ſlepe proſtrate on their bealies, or to haue theyr bare hand on their ſtomakes. Lyng vpright on the backe, is to be vtterly abhorred.

The commoditie of exerciſe, and the tyme vvhan it ſhould be vſed. Ca. 31.

EVery meuing is not an exerciſe but onelie that which is vehement, the ende wherof is alteration of the breath or wind of a man. Of exercyſe do procede two commodities, euacuatiō of excremētes, and alſo good habite of the body. For exerciſe being a vehement mocion thereof nedes muſte enſewe hardeneſſe of the members, wherby labor ſhall the leſſe greue, and the body be the more ſtonge to labour. Alſo ther of commeth augmentasion of heate, whereby happeneth the more attraccion of thinges to be dygeſted, alſo more quicke alteracion, and better nouriſchinge. Moreouer, that all and ſinguler partes of the bodie, bee therewith ſomewhat humected. Whereby it happeneth, that

things

thinges harde be mollified, moyste thinges are extenuate, and the pozes of the bodie are moze opened. And by the violence of the breathe oz wynde the poozes are clensed, and the filthe in the body naturally expelled. Thys thinge is so necessari to the preseruacion of health, that without it, no man may be longe without sickenesse, whiche is affirmed by Cornelius Celsus, saying, that sluggishnes dulleth the bodye, labour doth strength it, the first bringeth the incommodities of age shozely, the last maketh a man long time lustie. Notwithstanding in exercise ought to be foure thinges diligentlye considered, that is to saie, the time, the thinges precedinge, the qualitie, and the quantitie of exercyse.

Cor. Cel. Lib. 1.

¶ First as concerninge the time conuenient foz exercise, that it be not whan there is in the stomake oz bowelles great quantitie of meate not sufficientlye digested, oz of humours crude oz rawe, least therby peryll mought insue by conueyaunce of theim into all the membzes, before those meates oz humours be concocte oz boyled sufficiently. Galene saith, that the time moste conueniente foz ercise is, whan bothe the firste and seconde digestion is complete, as well in the stomake, as in the veynes, and that the time approcheth to eate oftsones. Foz yf ye doo exercise sooner oz later, ye shall eyther fyll the bodye with crude humoz̄s oz els augment yelowe choler. The knowlage of this time is perceyued by the colour of the vryne, foz that whiche resembleth vnto clere water, betokeneth that the iuyce whiche commeth from the stomache, is crude in

lib. 2. de tuenda sanitate

the

the veynes: that whiche is well coloured, not to high or base, betokeneth that the seconde digestion is now perfect: where the colour is verie high or red: it signifieth, that the concoction is more than sufficient. Wherefore whan the vrine appereth in a temperate colour, not redde nor pale, but as it were gilte, than shoulde exercise haue his beginning.

Of fricasies or rubbynges preceding exercise. Cap. 32.

AS touchinge thynges precedynge exercise, for asmuch as it is to be feared, lest by vehement exercise any of the excrementes of the bealy or bladder, shuld hastily be receiued into the habite of the bodye, by the violence of heate, kiendled by exercise, also least some thing, which is hole, be by heuinesse of excrementes or violent mocion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, should stop the poores or cunduites of the bodie, it shall be necessarie lyttell and littell, by chafing the bodie, first to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and oppen the pores, and than shall insue to hym that exerciseth, no peryll of obstruction or rupture. And to bring that to passe, it shall be expedient after that the body is clensed, to rubbe the bodie with a course lynnen clothe, fyrst softly and easlie, and after to increase more and more, to a harde

Galen⁹. Paulus. Otbasi⁹ Actius.

harde and swifte rubbing, vntill the flesshe doo swel, and be somewhat ruddy, and that not only downe right, but also ouerthwart and round. Some do vse fricasies in this forme, in the morning, after thei haue ben at the scoole, with their shirte sleues or bare hande, if their flesh be tender, they doo firste softelye, and afterwarde faster, rubbe their breste and sides downewarde, and ouerthwart, not touching their stomake or bealy, and after cause their seruant semblablye to rubbe ouerthwart their shulders, and backe, and beginning at their necke bone, and not touching the raines of their backe, excepte they doo feele ther much cold and winde, and afterward theyr legges frō the knees to the ancle: last their armes from the elbowe to the handwrest. And in this fourme of fricasy I my self haue foundē an excellent commoditie. Olde men, or they whiche be very drie in their bodies, yf they put to some swete oyles, as yrinū, Nardinum, Chamemelinum, or other like, mixte with a litle swete oyle of roses, I suppose they do well. I wyl not here speke of oyntmentes vsed in olde tyme amonge the Romaynes and Grekes, in fricasies or rubbinges. For I suppose, that they were neuer here vsed, and in the saide places, they be also left, oneles it be in palseyes, or apoplexies or against the rigour, whiche happeth in feuers only. I wil remember the saying of Hippocrates, Fricasy hath power to lowse, to bynde, to increase flesshe, and to minish it. For harde fricasies doo bynde or consolydate, softe rubbynge doth lowse or mollyfie, much doth minish flesh,

mean

meane rubbyng doeth augment or increase it. He that will knowe more aboundantlye hereof, let him reade the booke of Galene of the preser-uacion of helth, called in latine De tuenda sani-tate, translated moste truly and eloquently, out of greeke into Latine, by doctour Lynacre, late phisicion of most worthie memorie to our sou-rayne lorde King Henrie the eight.

The same matter is written more briefelie of Paulus Aegineta, Oribasius, Aetius, and som other late writers, but vnto Galene not to bee compared.

The diuersities of exercises. Cap. 33.

THe qualitie of exercyse, is the diuersyties therof, for as much as therin be many dif-ferences in mouinge, and also some exer-cise moueth more one parte of the bodye, some an other. In difference of mouinge, some is slow or softe, some is swifte or faste, some is stronge or violent, some be myxt with strengthe and swyftnesse. Strong or violent exercises be these, delyng (specially in tough clay and heui) bearing or susteyning of heauy burdeyns, clim-myng or walking agaynst a stiepe vpright hyll, holding a rope, and clymming vp thereby, han-ging by the handes on any thing aboue a mans reach, that his feete touch not the ground: tran-dyng and holdyng vp, or spreadyng the armes, with the handes fast cloased, and a bydinge so a long tyme. Also to holde the armes stedfast, causing an other manne, to assaye, to pull them

out, and not withstandinge he kepeth his arme stedfaste, inforcinge thereunto the sinewes and muscules. Wrastlyng also with the armes and legges: if the personnes be equall in strength, it doeth exercise the one and the other: if the one be strōger, than is it to the weaker a more vyolent exercise. All these kindes of exercises, and other lyke them, do augment strength, and therfore they serue only for yong men, which be inclined, or be apt to the warres. Swifte exercise without violence is, renninge, playinge wyth weapons, tenyse, or throwynge of the ball, trottinge a space of grounde forwarde and backewarde, goinge on the toes, and holdinge vp the handes. Also stirringe vp and downe his armes, without plummettes. Vehement exercise is compounde of violent exercyse, and swyfte, whan they are ioyned together at one tyme, as daunsinge of galyardes, throwinge of the ball and renning after it: footeball playe may (be in the numbre therof, throwing of the longe darte, and continewinge it many tymes, renninge in harneyse, and other lyke. The moderate exercyse is longe walking or goinge a iourney.

The partes of the bodye haue sundrie exercises appropried vnto them, as renninge and goynge is the moste propre for the legges. Moupnge of the armes vp and downe, of stretchynge theym out, and playing wyth weapons, serueth moste for the armes and shoulders, stowping and rysinge oftentimes, or lyftyng greate weyghtes, takyng vp plummettes or other lyke poyses on the endes of staues, and in likewyse, lyftyng vp

in

in euerie hande a ſpeare or moriſpike by the ends, ſpecially crossinge the handes, and to laye theym downe agayne in their places: theſe doo exercyſe the backe and loynes. Of the bulke and lunges the proper exercyſe is meeuinge of the breath in ſinginge or cryinge. The entrayles, whiche be vnderneath the myddreffe, bee exerciſed by blowinge, either by conſtraynte, or playinge on ſhaulmes or ſacbottes, or other like inſtrumentes, whiche doo require muche wynde. The muſcules are beſt exerciſed with holdynge the breathe in a longe tyme, ſo that he, whiche dooeth exerciſe, hath well digeſted his meate, and is not troubled with muche winde in hys bodie. Fynally lowde readinge, counterfaite battayle, tenise, or throwinge the balle, renning walking, adde to ſhootyng, whiche in mine opinion exceede all the other, doo exercyſe the bodie commodiouſely. Alwaie remember, that the ende of violent exerciſe is, difficultie in fetching of the breath. Of moderate exercyſe, alteracion of breathe onlye, or the beginninge of ſweate. Moreouer in Wynter, rennynge and wraſteling is conuenient. In ſommer wraſtelyng a litteli, but not renninge. In verye colde weather, muche walkynge, in hotte weather, reſte is more expedient. They whiche ſeeme to haue moyſte bodyes, and lyue in Idelneſſe, they haue neede of violente exercyſe. They whiche are leane and cholerike, muſte walke ſoftlie, and exercyſe theym ſelfe verye temperately. The plummettes, called of Galens Bleeres, whyche are nowe muche vſed wyth

great men, beinge of equall weight, and accor-ding to the strength of hym, that exercyseth, are verie good to be vsed fasting, a litle before breakfast or diner, holding in euery hande one plummet, and liftyng them downe with muche vyolence, and so he may make the exercise violente, or moderate, after the poyse of the plummettes, heuier or lighter, and with muche or lyttell labouring with them.

Of gestacion, that is to saie, vvhere one is caried, and is of an other thynge meued, and not of him selfe. Cap. 34.

Pau. egi Aetius.

THere is also an other kinde of exercise, which is called Gestacion, and is myxte with mouyng and rest. For as muche as the bodie sitting or lying seemeth to reste, and notwithstanding it is meued by that, whyche beareth it, as lienge in a bedde, hanginge by coardes or chaynes, or in a cradell, sittinge in a chayre, which is caried on mens shoulders with staues, as was the vse of the auncient Romains or sitting in a boate or barge, whiche is rowed, riding on a horse, whiche aumbleth verie easyly, or goeth a verie softe pace. The bedde, Cradell, and chayre caried, serueth for theym that are in longe and continuall sickenesse, or be lately recouered of a feuer. Also theim, whiche haue the frenesie or letarge, or haue a lyght tercyane feuer or a cotidiane. This exercyse sweetely asswageth troubles of the minde, and prouoketh slepe,

slepe, as it apdereth in children, whiche are rocked. Also it is couenient for theym, whiche haue the palsey, the stone, or the goute. Gestacion in a chariot or wagon hath in it a shakinge of the body, but some vehement, and some more softe, the softe serueth in diseases of the heade, and where anye matter renneth downe into the stomake and entrailes. But the vehement shakyng is to be vsed in the griefes of the breast and stomake. Also in swellyng of the bodye and legges in dropsies, palseis, migrimes, and scotomies, which is an imaginacion of darkenesse: beynge retourned, at the end of hys iourney, he must sit vp, and be easily moued. I haue knowen saithe Aetius, manie persons in such wise cured wyth out anye other helpe. Nauigation or rowynge nigh to the lande, in a calme water, is expedient for them that haue dropseis, lepreis, palseis, called of the vulgar people, takings, and fransyes. To be caried on a rough water, it is a violente exercise, and induceth sundrie affections of the mynde, sometyme feare, sometime hope, now coward harte, now hardinesse one whyle pleasure, an otherwhyle displeasure. These exercises, yf they be well tempered, they maye put out of the body, all long during sicknesses. For that whyche is myxt with rest and meuyng, if any thyng els may, it most excellently causeth the bodye to be well nourished. Celsus dothe prohibite Gestacion, where the bodie feeleth peyne, and in the beginning of feuers, but whan they cease, he alloweth it. Rydynge moderatelye and without griefe, doeth corroborate the spirite and bodye

aboue other exercises, specially the stomake, it clenseth the sences, and maketh thē more quick: Al be it to the breast, it is very noyful. It ought to be remembred, that as well this, as all other kindes of exercise would be vsed in a hole countreie, and where the ayre is pure and vncorrupted. Foreseen, that he that will exercise, doo go first to the stoole, for the causes rehearsed in the last chapter.

Of vociferacion. Cap. 15.

The chiefe exercise of the breast and instrumentes of the voice, is vociferacion, whiche is singing, reding, or cryinge, whereof is the propertie that it pourgeth naturall heate, and maketh it also subtill and stable, and maketh the membres of the bodye substaunciall and stronge, resistinge diseases. This exercyse would be vsed, of persones shorte winded, and them whiche cannot fetche their breath, but holding their necke streight vpright. Also of theim, whose flesshe is consumed, specially aboute the breast and shoulders. Also whiche haue had apostumes broken in their breastes: moreouer of them that are horse by the myche moysture, and to them, whiche haue quartaine feuers, it is cōuenient: looseth the humour that sticketh in the breast, and drieth vp the moistnes of the stomacke, whiche properly the course of the quartayne is wont to bringe with him; it also profiteth them which haue feble stomakes, or do vomite continually, or do breake vp sowrenes oute of the stomacke. It is good also for griefes of

the

the head. He that intendeth to attempt this exercise, after that he hath ben at the stoole, and softly rubbed the lower partes, and washed hys handes, let him speake with as base a voyce as he can, and walking, begin to singe lowder and lowder, but still in a base voyce, and to take no heede of sweete tunes or armonye. For that nothing doeth profite vnto heith of the bodye, but to inforce him self to singe great, for therby muche aire drawen in by fetching of breathe, thrusteth foorth the breast and stomake, and openeth and enlargeth the pores. By hygh cryinge and lowde readinge, are expelled superfluouse humours. Therfore mē and womē, hauinge theyr bodies feeble, and their flesshe loose, and not firme, muste rede oftentymes lowde, and in a base voyce, extendinge out the wynde pype, and other passages of the breath. But not wythstanding, thys exercise is not vsed alwaye, and of all persons. For they, in whome is abundance of humours corrupted, or be muche diseased wyth crudite in the stomacke and veynes, those doo I counsaple to abstain from the exercyse of the voyce, lest muche corrupted iuice or vapors, may thereby be into all the bodye distributed. And here I conclude to speake of exercise, whiche of them that desire to remain long in helth, is moste diligently, and as I might say, moste scrupulously to be obserued.

THE THYRDE BOOKE.

Of Replecion. Cap. primo.

REPLECION IS A superfluous abundance of humours in the bodie: and that is in twoo manner of wyse, that is to saye, in qnātitie, and in qualitie. In quantitie, as where all the foure humuours are moze in aboūdance than be equal in prōpozcion to the body, that conteyneth them oz where one humour muche exceadeth the remnaunt in quantitie. In qualitie, as where the bloud, oz other humours, is hotter, oz colder thicker oz thinner, than is conuenient vnto the bodie. First where all the humours, being superfluoukly increased, filleth and extendeth the receptozies of the body, as the stomake, the veines, and bowels, and is moste properly called fulnesse, in greke Plethoza, in latin Plenitudo. The other is, where the body is infarced, eyther with choler, yelow oz blacke, oz wyth fleume, oz with watrie humours, and is properly called in greke Cacochymia, in latin Vitiosus succus, in english, it may be called corrupt iuice. I wil not here write, the subtill and abundant definicīōs and descripcions of Galen in his bookes de Plenitudine, and in his commentaries vpon the Aphos

phoriſmes of Hippocrates. For it ſhall here ſuf-
fice, to ſhew the operacions of repletion, good
or yll, remitting them, whiche be curious, and
deſire a more ample declaracion, to the moſt ex-
cellent workes of Galene, where he maye be ſa-
tiſied, yf he be not determined to repugne a-
gainſt reaſon. Hippocrates ſaithe, where meate
is receiued much aboue nature, that maketh ſik
neſſe. Ga'ene declaringe that place ſaieth.
More meate than accordeth with natures mea-
ſure, is named repletion. And afterwarde he ex-
poundeth that worde aboue nature, to ſignifye
to much and ſuperfluouſly, as who ſayth, where
the meate is ſuperfluouſly taken it maketh ſick
neſſe. For meate but a littell excedinge tempe-
rance, may not foorthwith make ſickeneſſe, but
maye yet keepe the bodie within the latitude or
boundes of health, for the meate that ſhall make
ſickeneſſe, muſt not a littell excede the exquiſite
meaſure. The incommoditie, whyche happeth
therby is, that moyſtneſſe is to muche extended
and naturall heate is debilitate. Alſo naturall
heate reſolueth ſomewhat of the ſuperfluouſe
meate and drinke. And of that, whiche is reſol-
ued of meate vndigeſted, proceadeth fumoſetie
groſſe and vndigeſted, which aſcendinge vp in-
to the head, and touchinge the ryme, wherin the
brayne is wrapped, cauſeth head ache, trem-
blyng of the membres, duſkiſhueſſe of the ſyght
and many other ſickneſſes. Alſo by the ſharpnes
thereof, it prycketh and annoyeth the ſynewes,
which make ſenſibilitie, the rootes of whome,
ar in the brain, and from thens paſſeth through

li. 2. aph apho. 15 Vbi cibꝰ præter naturã plus ingeſtꝰ eſt hic morbũ facit, Gal. in commẽ. locopræ dicto.

all the bodie. Finally, the said fumositie ingendred of replecion, pearcing the innermoste parte of the said sinewes, called sensible, greuouslie annoyeth the power animall, there consystinge, by the occasion wherof, vnderstanding and reason, as to the vse of them, are let and troubled. And also the tongue, whiche is reasons exposytour, is depriued of his office, as it appereth in them, whiche are dronke, and them, which haue greuous peynes in their head, proceding of replecion. Signes of replecion be these, losse of appetite, delite in nothing, slouthfulnesse, dulnesse of the witte and sences, more sleepe than was accustomed to be, crampes in the body, sterting or salcion of the membres, fulnesse of the veynes, and thicknesse of the pulses, horrour or shrouelyng of the bodye myxte with heate. The remedies are abstinence, and all euacuacions, wherof I will make mēcion in the next chapter.

oribasi⁹ euporiston, li. 1

Of euacuacion. Cap. 2.

The meates and drinkes receyued into the bodie, yf the stomake and lyuer do their naturall office, be altered by concoction and digestion, in suche wise, that the best parte therof goeth in the nourishemente of the bodie: the woorste beinge separate by the membres officiall, from the residue, are made excrementes in sundrie fourmes and substaunces, whiche are like in qualitie to the naturall humour, whiche than reigneth moste in the bodye. These excrementes be none other, but matter so-

Excrementes.

superfluous, and vnsauerie, whiche by natu-
rall powers may not be conuerted into flesche,
but remayning in the body, corrupte the mem-
bres, and therfore nature abhorringe theym,
desireth to haue them expelled. These excremen-
tes be three in number, Ordure, Vryne, Hu-
mour superfluous. Moreouer there be two
sortes of ordure, that is to saye, one dygested,
whiche passeth by siege, the other vndygested,
whiche is expelled by vomitte. Where I saye
digested, I meane, that it is passed the sto-
make, and tourned into a other fygure. Lyke-
wise I call that vndigested, whyche styll retey-
neth the fygure of meate. Vrine is the watrie
substaunce of the bloude, lyke as whaye is of
mylke, whiche out of the meate that is altered
and concocte or boyled in the stomache, is stray-
ned in the veynes called Misaraice, which pro-
cedeth from the holowe parte of the liuer, and
sent by the raynes into the bladder, passeth by
the instrument, the whiche is ordeyned as well
to that pourpose, as for generacion. Humour
superfluous is in three sortes, eyther myxte
wyth anie of the fowre Huwours, called natu-
rall, or els it is gathered into the brayne, or it
is betwene the skinne and the flesche, or lyeth a-
monge the synewes, Muscules, or joyntes. Of
humours some are more grosse and colde, some
are subtill and hotte, and are called vapours.
Now for to expell the sayde excrementes, are ix.
sundrie kindes of euacuacion, that is to saye,
abstinence, vomit, purgacion by syege, letting of
bloud, scarifyng called cuppinge, sweatynge.

Ordure

digested

Vrine.

humour superfluous.

prouo-

prouocation of vrine, spittinge, bleeding at the nose, or by hemorroydes. And in womē. their naturall purgacions. Of these euacuacions I wyl briefely declare, with the commodities, which bi the discrete vse of thē do happen vnto the body.

Of abstinence, Cap. 3.

ABstinence is a forbearing to receyue any meate or drinke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed onlie after repletiō, as the proper remedie therfore And than if it be moderate, it consumeth superfluities, and in consumyng theym, it clarifyeth the humours, maketh the bodye fayre coloured, and not onely keepeth out sickenesse, but also where sickenesse is entred, nothing more helpeth if it be vsed in season. To them, whiche haue verie moiste bodies, hunger is right expedient, for it maketh theim more drie: not wythstandynge there ought to be considerations, in the meat before eaten, in the age of the person, in the tyme of the yere, and in custome. First in the meat before eaten, if it be muche in excesse or very grosse. or not muche exceedinge, or lyght of dygestion, and accordinge thereto, wouide abstinence more or lesse be proporcioned. Concernynge age, Hippocrates saieth, olde men maie susteyne fastinge easily: next vnto thē, men of middell age, yonge men maie worse beare it, childzen wurste of all, specially they that be lustie: not wythstanding here Galene correcte Hippocr. sayinge, that he should haue excepted men verye olde, who, as expe-

Cor. cel. lib. 2. Hippo apho. li. 7.

Consideracions in abstinence.

Aph. li. 1

Gale. in com. mē.

experience declareth, must eate often and lyttell. As touching tyme, it muste be remembred, that in wynter and spring time, the stomakes be naturally very hotte, and slepe is long, and therefore in that tyme meates would be more abundant, and although much be eaten, it will be soner digested. Wherfore abstinence wolde not be than so much as in sommer, all be it to absteyne much in sommer, excepte it be after repletion, Damascene saith, it drieth the bodie, it maketh the colour salow, it ingendreth melancolye, and hurteth the sight. Moreouer, custome maye not be forgotten, for they which are vsed frō chyldehode, to eate sondrie meales in the daye, woulde rather be reduced to fewer meales, and lyttell meate, than to be compelled to absteyne vtterly, to the entent that nature, whiche is made by custome, be not rebuked, and the power digestyue therby debilitate. And note well, that by to muche abstinence, the moisture of the body is withdrawen: and consequently the body drieth, and waxeth leane, naturall heate, by withdrawynge of moisture is to muche incended, & not finding humour to worke in, turneth his violence to the radicall or substanciall moysture of the bodye and exhausting that humour, bringeth the body into a consumption. Damascen. aphor. Wherfore Hippo. sayeth, that to scarse and exquisite an order in meate and drinke, is for the more parte more daungerous than that, whiche is more abundant. Contrariwise moderacion in abstinence, accordynge to the sayde considerracions, is to health a sure bulwarke. Apho. lib. 2.

Of

Of Vomite. Cap. 4.

Aetius. lib. 1.

THe meate or drinke superfluous, or corrupted in the stomake, is best expelled by vomite, if it be not very greuous to hym which is diseased. Also the moderate vse of it purgeth fleume lighteth the head, causeth that the excesse of meates or drinkes, shall not annoie or bringe sickenesse. Moreouer it amendeth the affectes of the raines, bladder, and the foundemēt. It also helpeth against lepries, cankers, goutes dropses, and also diuers sicknesses proceding of the stomake. For if any griefe happeth of the head, vomite is than vncommodious. It is better in winter than in sommer. Also good for them, which are replete, or verye cholerike, if they haue not well digested, but it is yll for them that be leane, or haue weake stomakes. And therefore where one feeleth bitter vapours risinge out of his stomacke, wyth griefe and weightinesse, in the ouer partes of hys bodie, let him renne forthwith to this remedie.

It is also good for him that is hert burned, and hath muche spittell, or his stomacke wambleth, and for him that remeueth into sundrie places.

Cor. cel. lib. 1.

Yet I counsaile saieth Celsus, him that will be in health, and wold not be to sone aged, that he vse not this dayly. And I my selfe haue knowē men, which dayly vsing it, haue brought therby their stomakes into suche custome, that what so euer they did eate, they could not long retayn it, wherby they shorten their liues. Wherfore it would not be vsed, but onely where greate sue-

ket, or abundance of fleme do require it. He that will vomitte after meate, let him drinke sondrie drinkes myxte together, and last of all, warme water, or if that be to easie, let him myxe therewith salte or honie. If he wyll vomite fastinge, let him drinke water and honie sodden together or sleepe with it, or eate of a radishe roote, and drinke warme water vpon it. Also water wherin radishe is boyled, and afterwarde prouoke him selfe to do it. Theim that will haue more violēt purgacions, I remit to phisicions lerned. But yet I do eftsones warne theim, that therin they be circumspect, and do not much vse it. Moreouer in vomites, the matter brought forth, wold be considered, according to the rules of Hippocrates, in his seconde boke of pronostications, that is saye, if it be mixt with fleume and choler, it is moste profitable, if it be not in verie great quantitie, nor thicke, the lesse myxture it hath, the worse it is. If it be greene, like to leeke blades, thinne or blacke, it is to be iudged yll. If it haue all colours, it is extreme perillous. If it be leady coloured, and sauoureth horribly. it signifieth a short abolicion, or dissolucion of nature. For as Galene affirmeth therein hys comment, suche maner of vomite declareth corrupcion with extinctinge of nature. Also euerie putrified and stinking sauour in vomite is ill. These thinges be right necessarie to be looked for, where one doeth vomite without anie difficultie: but to enforce one to vomit, whyche can not, is very odious and to be abhorred.

Hippo præsag. 2. cap. 7

Galē. de locis affectis. lib. 1.

De

Of purgacions by siege. Cap. 5.

Cel. li. 1. Aetius. Lib. 3.

If the head be heauie, or the eyen dimme, or if there be peyne felte of the colike, or in the lower parte of the bealye, or in the hyppes, or some cholerike matter or fleume in the stomake. Also if the bzeth be hardly fetched, yf the bealy of him selfe sendeth forth nothing, or if beinge costiue, one feeleth yll sauour, or bitternes in his mouth, or that whiche he maketh, hath an horrible sauour, or if abstynence doo not, at the first put away the feuer, or if the strength of the bodye may not susteine lettinge of bloud, or els the time therefore conuenient is paste, or if one haue dronke much before his sickenesse, or if he whiche oftentimes vnconstreyned, hath hadde greate sieges, be soodainly stopped. In al these cases, and where it is paynefull to vomitte, and in gnawinge or frettinges of the stomacke, finally in all replecions, where a man can not or wyll not be let bloud or vomit, it is expedient to prouoke siege by pourgations, whyche are receyued by two waies: Upwarde at the founde ment by suppositories or clisters. Downeward at the month, by pocions, electuaries, or pylles. Suppositories are vsed, where the paciēt is weake, and maie not receyue ani other pourgacions. Sometyme for as muche as the strayte gutte is stopped wyth excrementes, whych are drie and harde, sometyme where there nedeth none other pourgation, specially in burnynge feuers, whereof the matter assendeth into the head, than clisters may do harme, and by the

benefite of suppositories, excrements are brought foorth without anie annoiaunce. And oftentymes it bringeth foorth that, whiche clisters may not. Suppositories are made some tyme wyth honie onely, sodden, roulled on a boorde, and made round: smaller at the one ende than at the other, and of the lengthe and greatnesse, accordyng to the quantitie of the body that taketh it. Sometyme there is mixte with the honie, salte dried, or salt pepper, or the powder of suche thinges, as do either pourge the humour, whiche offendeth, or dissolueth grosse wyndes, or other matter: they be sometime made with rosin, pitche, ware, or gummes, somtyme of rootes, or the leaues of Mercurie greene, very small bruysed. Also with figges or raysons, the stones taken out, or of white sope, made in the figure aforesaide, and beinge made in the fourme aforesayd, they must be put vp into the foundemente, to the great ende, and the patient muste keepe it there the space of halfe an howre, or more.

¶ Clysters are made of licour somtime symple, as water sodden, mylke, oyle, or wyne, somtime myxte, as water and oyle together, or decoctyons, as where herbes, rootes, fruites, seedes, or gūmes, hauing propertie to make softe, dissolue drawe foorth, or expell matter that greueth, be boyled, and the licour therof, somtime warme, somtyme hotte, is receyued at the foundement into the body by a litteli pype of golde, or siluer yuorie, or wodde, therefore ordeyned and called a clyster pype. This is necessarie, where the stomake is weake, and may not susteyne the wor-

king of medicines receyued at the mouthe, also in feuers, colickes, and other diseases in the bowels, greefe in the rayns of the backe or huckle bone, ventosities in the bealy, inflamacion or exulceracion in the guttes or bladder. It is a conuenient and sure medicine, and least hurt doeth ensue of it. The making and ordryng therof, I wyll omitte to write in this place, partlye that I wold not, that phisicions should to much note in me presumpcion, partelye that an other place maie be more apte to that purpose.

The particuler commodities of euery purgacion. Cap. 6.

In potions, electuaris, and pylles, ought to be muche more obseruacion, than in clisters or suppositories, for asmuch as these do enter no further than into the gutte, where the ordure lieth, & by that place onely, bringeth foorth the matter, whiche causeth disease. But thother entringe in that waie, that meates and drinkes do, commeth into the stomake, and there is boyled, and sente into the places of digestion, and afterwarde is myxte with the iuyce, whereof the substaunce of the bodie is made, and expellyng the aduersarie humoures, somewhat thereof doubtleste remayneth in the bodye. Wherfore menne haue neede to beware, what medycines they receyue, that in theym be no venenosytie malyce or corrupcion, lest for the expellynge of a superfluous humor, which perchance good diet or some brothes made of good herbes, or the said sua-

euacuacion, with suppository or cliſter, mought bring foorth at leysure, by desiringe of two hastie remedy, they receyue in medicine, that whiche shall ingender a venemous humour, and vncuitable destruction into all the bodye. And therfore happie is he, whiche in sickenesse fyndeth a discrete and well learned phisicion, and so true a potycarie, that hath alwaye drugges vncorrupted, and whome the phisicion maye surely truste, to dispence hys thinges truely.

But now to retourne to the sayd fourme of purgacion, I wyll nowe set foorth some counsayles, concerning that matter, whiche I haue collected out of the chiefe authours of phisicke.

Bodies hotte and moiste, maie easily susteyue pourgacion by the stoole. They whiche be leane or thinne, hauinge the membres tender, maie take harme by pourgacions. To men that are cholerike, and them that eate littell, pourgacions are greuouse. In yonge children and old men, it is daungerouse to looſe muche the beastie. To theim that are not woonte to it, pourgacions is noyfull. He that lyueth in a good order of diete, needeth nether purgacion nor vomite. After that the pourgacion hath wrought, thirstinesse and sounde sleepe be sygnes that the bodie is sufficiently pourged. By dayly takynge of medicines, Nature is corrupted. Whan ye wyll pourge anye thinge, make first the matter flowing and soluble. Medicine to pourge ought not to be myngled with meate, but to be taken fowre houres at the leaſte before meales, or thre houres after meales, except certaine case

Hippo. Apho.

pylles made to clense and comfort the stomacke, whiche wouldbe taken at the begynninge of supper, or after supper, a litteli before that one goeth to bedde, makinge a lyght supper or none. After purgation taken, the pacient should reste and not walke, vntil the medicine hath wrought nor eate or drinke in the meane space. These thinges haue I remẽbred, because I haue knowen right good Phisicions, to haue forgotten, to instruct therof their pacientes. Nowe wyll I set forth the table of suche thinges, whyche of their propertie doo digest or pourge, superfluous humors particulerly, whiche I haue gathered out of the bookes of Dioscorides, Galene Paulus Aegineta, Oribasius and Aetius, and other late writers: not wythstandynge, I haue not written all, for asmuche as there be diuers thinges, wherunto we haue not yet founden any names in englishe.

¶ Digestiues of choler,
Endiue.
Lettise.
Lykorie.
Scabiose.
Maydenheare.
Malowes.
Mercurie.
The iuice of pomegranades.
Pourselane.
Poppy.
Barberies.
Roses.
Violettes the leaf and flowre.
Sorell.
Lyuerwoort.
Sorell de boyse.
Whay clarified.
The great foure colde sedes, that is to say, of gourdes, cucumbers, melones, and citruls.
Psilium.

Vene

Myneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Pourgers of choler.

Wylde hoppes.
Wormewood.
Centorie.
Fumptorie.
Whay of butter.
Violettes.
Mercurie.
Prunes.
Juyce of Roses.
Eupatorie.
Tamarindes, halfe an ounce in a decortion.
Manna. vi. drammes at the least, and so to xxv. in the brothe of a henne or capon.
Reubarbarū by it self from twoo drammes, vnto foure, in fused or stipped in lycour, from iiii. drāmes vnto. viii.

Digestiues of fleume.

¶ Fenell.
Perslyp, the rootes.
Smallage.
Capers.
Lawrell.
Sinuy.
Puly.
Maioram.
Penitroyall.
Wylde parsnyp seede.
Mynt.
Pympernell.
Horemint.
Gladen.
Agrimony.
Calampynt.
Nep.
Betayne.
Sauge.
Radishe.
Mugwoort.
Juniper.
Hyssope,
Pyonie.
Baulme.
Hony.
Gynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumyne.

¶ Pour

¶ Pourgers of fleume.

¶ Lentorie.
Nettyll,
Agrimonie.
Alder.
Polypodiū of the oke,
Myrabolani kebuly,
infused from halfe an ounce to an ounce, and two drammes. In substaunce from twoo drammes, to halfe an ounce.
Agaric⁹, from a drāme to two drammes, infused from. ii. drāmes to fiue.
Yreos.
Maydenheare.
Sticados.

¶ The broathe of cole wooртes, lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boiled in white Wyne, or in the broathe of a henne.
Lased sauerie.
Erthinus.
Unwrought sylke.
Organum.
Calamint.
Borage.
Hartes tongue.
Quickbeme.
Maiden heare.
Withwynde.
Pulyall mountayne.
Hony.
Sugar.

¶ Pourgers of melancholy.

¶ Melancholy for the thinnesse and subtylnesse of the humour, nedeth no digestiue.

¶ They whiche will take sharper pourgacions, or compounde with diuerse thinges, let theym take the counsayle of an honest and perfect physicion, and not aduenture to myxt thynges togither, wythout knowynge the temperaunce of them

theim in degrees, and that he can proporcion theim to the bodie that shall receyue theym in symples, as they be written. And so he mai vse thē without peryll, against the humours, wher vnto they serue.

Letting of bloud. Cap. 6.

The parte of euacuacion by lettinge of bloud, is incision or cutting of the veine, whereby the bloud, whiche is cause of sickenesse or griefe to the hole bodie, or anie particuler part therof, doth most apely passe The commodities wherof, being in a moderate quantitie, and in a due tyme taken, be these that folow, it clarifieth the witte, and maketh good memorie, it clenseth the bladder, it dryeth the brayne, it warmeth the marowe, beinge in the bones, it openeth the hearing, it stoppeth teares or droppinges of the eyen, it taketh a way loth somnesse, and confirmeth the stomake, it norysheth that, whiche is proper to nature, and the contrarie expelleth. It is thought, that thereby life is prolonged, and the matter makinge sicknesse shortely consumed. Wherfore lettynge of bloud is not onely expedient for theym, whyche are full of bloudde, or haue aboundaunce of strength, but also for theym, in whome wythout plenitude, called fulnesse, inflammacyons beginne to be in their bodies, or by some outewarde stroake, the bloudde beynge gathered within, by collection therof, doo feele griefe or disease. Also where there is muche payne felte,

arnold de villa noua.

Oribasius in medicinæ compendio.

or debilitie of some member, wherof is supposed to be ingendred some greuous disease. Moreouer they, whiche vse of excesse of meates and drinckes, maye be cured by lettynge of bloud. But those, whiche be temperate, keppynge good diete, be holpen without letting of bloud: as by fricasies, vsinge of bathes, exercise, walkinge, and ridinge moderately. Also vnctions wyth oyles and oyntementes, called Diaphoretice, whiche by euaporacion, do shortly euacuate the fulnesse. All be it, if the fulnesse be of melancoly bloud, than alwaie needes muste be lettinge of bloud. Aboundaunce of melancholye bloud is knowen by these signes. There is felt in the entrayles, or within the boulke of a man or woman, a weightinesse with tension or thrustynge outwarde, and all that parte whyche is about the nauell, is more heauy than it was woont to be. Also much vrine and fattie, the residence or botome, thicke, troublous, and fatte, somtyme black pouches or boyles, with inflamacion and muche peyne. These muste be shortly let bloud, and the melãcoly humour also purged by siege. They, whiche haue crude or rawe humours, muste be warely lette bloud, before that sickenesse ingender, but hauing the feuer in no wise, Concerninge lettinge of bloud, these thinges folowinge, would be had in continuall remembrance, and be afore thought on. In abundance of the bloud, the qualitie and quantytie, the greatnesse of the sickenesse, and yf it be present, or loked for. Also the diet preceding, the age and strengthe of the person, the naturall fourme of

Aetius. Lib. 3.

his

his bodie, the time of the yere, the region or coũ-trey, the presẽt state of the ayre, the disuse of accustomed exercise, the ceassinge of euacuacions vsed before. In qualitie consider, of what humour the fulnesse procedeth. In quantitie the abundance of that, which is to be pourged. In sicknesse: if it be daungerous or tollerable, if the sicknesse be present, it requireth the more dylygence, if it be loked for, it maie be the better proporcioned. In diete, the custome in eatynge and drinking, must be specially noted. In yong men and women, lettinge of bloud woulde be more liberall. In olde men and yonge chyldren, it woulde be scarser: stronge men may sustein bledinge, they which are feble, maye not endure it: Large bodies haue greater vesselles, than they, whiche be littell. Leane men haue more bloud, corporate men haue more fleshe. The tyme of the yere muste be specially marked. For in the beginning of spring time it is best lettinge of bloude, as Oribasius saith, and so doth continew, after the opinion of Arnold, vnto the eyght calendes of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the person is of a verie cold nature, the veines should not be opened. And Damascene saith: They whyche in youthe haue vsed to be muche let bloud, after they be three score yeres olde, their nature wareth cold, and naturall heate is in them suffocate, specially if they were of a colde complexcion, but that is to be vnderstand, where they that are in health, are often let bloud. For in the lapse from health and in diuers diseases, wherein the bloud is

Oriba. sup. Arnoldus. de villa noua de flobothomia. lo. Damas. in ar. med.

corrupted, or where it ingendreth impostthumes, or resorteth to any place, where it ought not to be, or passeth by any other conduite, then nature hath ordeyned, or where it is furiouse or inflamed, or by any other meanes breedeth greuouse diseases, in all these cases it ought to be practysed, ye sometyme in aged persons, women with child, and yong infantes. For in extreme necessitie, it were better experience some remedi, than to doo nothing. All other thinges concernynge this matter, pertaine to the parte curatiue, whi the treateth of healyng of sickenesse, whereof I wyll not now speake, but remitte the readers to the counsayle of discrete phisicions.

Of scarifying, called boxyng or cuppyng. Cap. 7.

Galen⁹. For as muche as it is not conuenenict, to be lette bloud oftentimes in the yere, because much of the vitall spirite passeth forth wyth the bloud, whyche beinge exhauste, the bodye waxeth colde, and naturall operacions become the more feble. I therfore doo counsayle (sayeth Galene) that the base partes of the body, as the legges, be scarified, whiche is the moste sure remedi, as well in conseruing health, as in repayringe thereof, beinge decayed. For it cureth the eyen being annoied with longe distillacions. It profiteth also to the head, and ouer parte of the body, against sondrie diseases. In what membre the bloud is gathered, the bodye beinge fyrste purged by scarificacion, the griefe may be cured

Actiuas. Lib. 3.

Also

Also Oribasi affirmeth the same, and also addeth therto, that it helpeth squynances, or quinces in the throte, and dissolueth the constipacyons or stoppinges made of all places, if the places be scarified, not withstandinge application of bores about the stomake, in hot feuers, where reason is troubled, are to be eschued, for feare of suffocacion. Lykewise put to the hed vndiscretely, it hurteth both the hed and the eyes. The late authors do affirme, that scarifying is in the stede of letting bloud, where for age, debilitie, or time of the yeare, or other lyke consideracion, a man maye not susteyne bloud lettinge, and it bryngeth foorth the thinne bloud, whiche is nexte to the skinne.

Oriba. in medicinæ cõpendio.

Aetius.

Of bloud suckers or leaches. Cap. 8.

There is also an other fourme of euacuacion by wormes, founde in waters called bloud suckers or leaches, whyche beinge put vnto the body or mẽbre, do draw out blud. And their drawing is more conuenient for fulnesse of bloud, than scarifying is, for as muche as thei fetch blud more deper, and is more of the substance of bloud, yet the opinion of some men is, that they doo drawe no bloud but that which is corrupted, and not proporcionable vnto our body. And therfore in griefes, which happen betweene the skinne and the flesche of bloud corrupted, these are more conuenient thẽ scarifyinge. But before that they be put vnto anye parte of the bodye, they muste be firste kepte all

one

one daye before, geuing vnto them a litell blond in freshe flesshe. And than put theym in cleane water, somewhat warme, and with a spounge wype awaye the slyme, whiche is aboute theim, and than laye a littell bloud on the place greeued, and put them than to it, and laye on them a spounge, that whan they be full, they maye fall awaye, or yf ye wyll sooner haue theym of, put a horse heare betwene their mouthes, and the place, and drawe theim awaye, or put to their mouthes salt or asshes, or vyneger, and foorthwith they shall fall, and than washe the place with a spounge, and if there do issue much blud, laye on the place the pouder of a spounge, and pitche burned, or lynnen cloth burned, or gaulles burned, or the herbe called Bursa pastoris, bruysed. And thys suffiseth concerning bloud suckers.

Of hemoroydes or pyles. Cap. 9.

HEmoroydes be veynes in the fundement, of whō do happen sondry passions, somtyme swellyng without bledinge, sōtyme superfluous bloud, by the puissaunce of nature, is by them expelled, and than be they very conuenient, for by them a man shall escape many great sicknesses, whiche be ingendred of corrupted bloud, or of melancholy. Semblably, if they be hastely stopped from the course, which they haue ben vsed to, thereby doo increase the sayd sickenesses, whiche by them were expelled as dropsies, consumpcions, madnesse, fran-

sies

ties, and diuers diseases of the head, and other sickenesses: paleneſſe of the visage, griefe in the raynes of the backe, and thies. And if they flow to muche, there insueth feblenes, leanneſſe of the bodie, alteracion of colour, great paynes in the lower partes of the bodie. And yf the flure be vnmoderate, it ingendreth mischeuous diseases. Wherfore it woulde be diligentlye taken heede, that they runne in measure, or els to vse some thinges moderately, which may restrain them.

¶ Concerning other euacuacions, I do purposely omitte to write of them in this place, for as much as in this realme, it hath ben accompted not honeſt, to declare theym in the vulgare tongue, but only secretely.

Of affectes of the minde. Cap. 10.

The last of thinges called not natutall, is not the least parte to be considered, the whiche is of affectes and passions of the mynde. For yf they be immoderate, they doo not only annoye the bodye and shorten the life, but also they do appaire, and sometyme lose vtterly a mans estimacion. And that much more is, they bring a man frō the vse of reason, and sometyme in the displeasure of almightye God. Wherfore they do not onely require the helpe of phyſicke corporall, but also the counsayle of a man wise and well learned in morall philosophi Wherfore after that I haue recyted, what they be, I wyll briefely declare suche counsayles, as I haue gathered. And as concerninge remedyes

of

of phisicke, sauyng a fewe symples, whiche doo comforte the hearte and spirites, the residue I will remitte to the counsayle of phisicions, lyke as I haue done in euacuacion. Affectes of the mynd wherby the body is anoied, and do bryng in sickenesse, be these, Ire or wrathe heuinesse or sorow, gladnesse, or reioycing.

¶ Of Ire. Cap. xi.

IRe is kendled in the hert, inordinately chaufing the spirites there, and than is sent forth into the membres, and dothe superfluously heate them, and disturbeth reason, where the bodies be hotte afore, where naturall heat is feble, the heate maye not be dispersed vnto the extreme partes, and than doeth the extreme membres, that is to saye, whiche are farre from the hearte, remayne colde and tremblyng. Of thys affection commeth somtime feuers, sometyme apoplexies, or priuacion of senses, tremblynge, palsis, madnesse, frensies, deformitie of vysage: and that worse is, outragious swearyng, blasphemie, desire of vengeaunce. losse of charitie, amitie, credence, also forgetfulnesse of benefite precedinge, and of obedience, dutie, and reuerence. There also doo succede, contencion, chargeable suite, vnquietnesse of mynde, lacke of appetite, lacke of slepe, feble digestion, frorne disdayne, and hatred of other, wyth peryll of losing of al good reputacion. These incommodeties of Ire, perfectly had in remembrance, and at the first mocion thereof on theym thoughte

on, maie happen to bringe in hys felowes, and thereby the flame maie be quenched, or let hym that is angrie, euen at the firste consider one of these thinges, that lyke as he is a man, so is also the other, with whome he is angrie, and therfore it is as leefull for the other to be angrie, as vnto him, and if he soo be, than shall that anger be to him displeasaunt, and stirre hym more to be angrie. Wherby it appeareth, that Ire is to hym lothsome. If the other be pacient, than let hym abhorre that thinge in hym selfe, the lacke whereof, in the other contenth him, and asswageth his malice. Moreouer, let hym before, that occasion of Ire dooeth happen, accustome hym selfe to beholde and marke well them that be angrie, wyth the successe of that anger, and ruminate it in his mynde, a good space after. And in that tyme, let hym remember, how Christe, the sonne of God, and God, who (as he hym selfe sayde) mought haue had of God his father, if he would haue asked theym, legions of aungelles, to haue defēded him, ye with lesse than a wynke mought haue slayne all his aduersaries, yet he not withstanding, rebuked, scorned, falsely accused, plucked hither and thither, stryped, bounden with halters, whipped, spitte on, buffeted, crowned with sharpe thorne, laded with a heuie piece of tymber, his owne propre tourment, haled, and driuen foorth lyke a calfe to the slaughter howse, eftesones beaten and ouerthrowen, stretched forthwith ropes, armes and legges laide on the crosse, and there vnto wyth longe Iron nayles through the handes and fete nailed, with

manye

many strokes of hammers, with many prickinges, or euer the nayles myght perce by his tender and moste blessed flesche and synewes, quite throughe the harde tymber, vp to the heades of the nayles. And al this being done for thoffence of mankinde, and not his, yet wyth the menne whiche did it, his moste vnkinde countreymen, his most vnnaturall kinsemen, whome he first made of nothing, preserued by myracles, delyuered from perilles, and cured of dyseases, in all his veracion and trouble, he was neuer sene or perceaued angrie. If one wyl saye, that anger is naturall, let him also consider that in Christes manhoode were all naturall powers. If he wyll say, that yre is token of courage, and in Christ it lacked not, whome bothe aungels and diuelles trembled and feared. The premisses often reuolued, and borne in the mynde, I wyll not saye, shall vtterlye extincte all mocions of wrathe, which is not possible, but it shall whan it kindleth lyghtly represse it, and let that it shal not growe into flame. And in speakinge here of wrathe, I doo not meane that, whiche good men haue against vices: or wise and discrete gouernours and maisters, agaynst the defaultes or negligences of their subiectes or seruauntes, vsed in rebuking them, or moderately punishyng them. For that is not properly yre, but rather to bee called displeasure, and is that whereof God speaketh by his prophete Dauid, sayinge: Be you angrie and do not sinne. And that maner of anger hath ben in diuers holye men, prophetes and other. And it appeared in Christe, whan

Psal. 4.
Gen. 31.
Exo. 32.
Leui. 10
Marc. 11.

whan he draue out thē, whiche made their mar-
ket in the holy temple of god, where there ought
to be nothinge but praier. And in lykewise when
he rebuked the hipocrytes. But if none of these
thinges maye come so shortely to his remēbrāce
that is meeued with anger, at the least let hym
thinke on the lesson, that Appollodorus the phi-
losopher, taught to the Emperour Octauian,
that before he spake or ds any thinge in anger,
he do recite in order, all the letter of the A. B. C,
and remoue somwhat out of the place that he is
in, and seke occasion to be otherwise occupied.
This shal for this tyme suffise, for the remedies
of yre. And he that wil know more of this mat-
ter, let him read in my worke called the Gouer-
nour, where I therof do write more abundātly.

¶ Of dolour or heuinesse of minde. Cap. 12.

There is nothinge more enemie to lyfe, thē
sorow, called also heuinesse, for it exhau-
steth bothe naturall heate and moysture
of the bodie, and doth extenuate or make
the body leane, dulleth the witte, and darkneth
the spirites, letteth the vse and iudgements of
reason, and oppresseth memorie. And Salomon
saieth: That sorow drieth vp the bones. And al-
so lyke as the mothe in the garmente, and the
woorme in the tree, so doth heuinesse annoye the
heart of a man. Also in the booke called Eccle-
siasticus. Sorowe hath kylled many, and in it
selfe is fonnde no commoditie. Also by heuinesse

Eccle. 25. 28.

death is hastened, it hydeth vertue or strength, and heuinesse of hert boweth downe the necke. This is so puissaunt an enemie to nature and bodily health, that so resist the malice and violence therof, are required remedies, as well of the holsome counsayles found in holy scripture and the bookes of morall doctrine. As also of certayne herbes, fruites, and spices, hauynge the propertie to expell melancholike humours, and to comfort and keepe liuely the spirites, whi che haue their proper habitacion in the herte of man, and moderate nourishinge of the naturall heate and humour, called radicall, whiche is the base or foundacion, wherevpon the life of man standeth, and that faylinge, life falleth in ruine and the bodie is dissolued. Now first I will declare some remedies agaynste sorowefulnesse of hert, concerning necessarie counsayle.

¶ Sometime this affecte happeneth of ingratitude, either where for benefite, or speciall loue employed, one receyueth damage, or is abandoned in his necessitie, or is deceiued of him, whom he trusted, or findeth him, of whome he hathe great expectacion, forgetfull or negligent in hys commoditie, or persecuteth the person, whome of longe tyme he hath loued, to bee estraunged from him, or to haue one of latter acquitance in more estimacion. Thys affection nyppeth the herte, ye of most wise men, for they loue moste hertily, not prouoked by carnall affection, but rather by good opinion, ingendred bi similitude of honest studies, and vertuous maners of long tyme mutally experienced. And it is not onelye

vnto

vnto man greuous, but also vnto god most displeasaunt and odious, as it is aboundantlye declared in scripture. Wherfore the person, which feeleth him self touched with thys affecte, before that it groweth into a passion, and wareth a sickenesse, let him call to remembrance these articles folowynge, or at the least wayes some of them For euerichē of thē maie ease hym, though perchaunce they cannot forthwith perfectly cure hym.

¶ Consider, that the corruption of mans nature is not so muche declared in any thinge, as in ingratitude, wherby a man is made woorse, than diuers brute beastes. The litle ante or Emote helpeth vp his felowe, whome he seeth ouerthrowen with burdein, or by other occasion. Also whan olyphantes do passe ouer any greate water, the greatest and moste puissant of theym deuyde them selfes, and setting the weakest in the myddel parte, go before, tryng the depenesse and perilles, parte come after, succouringe the weakest or least, with their longe noses, whan they see them in danger. The same beastes haue ben sene not only bring men out of desertes whi che haue lost their waies, but also renuynge the displeasures done to them, the whiche gaue thē meate, as one that slewe him, whiche had committed aduoutrie with his maisters wife. The terrible Lyons and Panthers, haue bene seene in their maner, to render thankes to their benefactours, ye and to obiecte their owne bodies and lyues for their defence. The same we maie dayly beholde in our owne dogges.

Counsayles against ingratitude. appian in viria historia.

Than in whom thou findeſt the deteſtable vice of Ingratitude, reputynge hym amonge the wooꝛſt ſoꝛtes of creatures, thincke not that thou haſt loſte a freende, but thincke that thou arte deliuered from a monſter of nature, that deuoured thy loue, and that thou art nowe at lybertie, and haſt wonne experience to choſe thee a better. But if thys may not ſuffiſe, than eſt ſoones conſider, that if thou looke well on thy ſelf, perchaunce thou maieſt find the faute wher of thou complayneſt, within thine owne boſome Call to thy remembꝛaunce, if thou haſt alwaye rendered vnto euerie manne condigne thankes oꝛ benefite, of whome thou haſt kindeneſſe receyued, oꝛ if thou haſt alway remembꝛed, euery one of thē, that haue done to the anye commoditie oꝛ pleaſure. Thou ſhalt well percepue that what thing thou receyueſt in childehoode, thou foꝛgatteſt oꝛ diddeſt littell eſteeme, whan thou cāmeſt to the ſtate of a man. And what thou diddeſt remember in youth, in age, thou diddeſt littell thincke on: thy nourices pappe, hir rockinges, watchinges, thou haſte not alway remembꝛed, oꝛ equally recompenſed. Thy ſchole mayſters ſtudie, his labour, his diligence in a like degree, thou haſt not required. What greater freendes haſt thou had, of whome thou couldeſt recepue any greatter benefites, than thy nouriſhinge and pꝛeſeruynge of thy lyfe, in thy moſte feblencſſe, thyne erudition, whereby thy nature was made moꝛe excellent. Remembꝛinge this, leaue to be angry oꝛ ſoꝛowful foꝛ ſo cōmon a vice: yet if it ceaſſe not to greue thee, conferre the

Seneca de benefi. 7.

the ingratitude that doth vexe the, with that ingratitude, which was shewed by the Israelites, whome god chose for his owne people, deliuered from seruage, shewed for theym wonders, preserued them fortie yeres in deserte, destroied for them kinges, gaue to them the countrey, whyche flowed mylke and hony, defended them agaynst all outwarde hostilitie, sent vnto them suche abundaunce of riches, that syluer was in Hierusalem, as stones in the strete, had his tabernacle and afterwarde his moste holie temple amonge theim, whiche he did daylye visite with his dyuine maiestie, made their kinges to reigne gloriously, and spake with their Prophetes familiarely, and corrected their errours most gentillie: and yet for all this, they, imbrarying the paynyms Idolatrie, they lefte so graceouse and louing a lord, and liuinge God, and to his greate despite, gaue diuine honors to calfes of brasse, and other monstrous Images, and at the laste put to most cruell death, the only sonne of God that had done so muche for them.

¶ And yf we chrisien men doo loke wel one our selues, reuoluynge the incomparable benefite, whiche wee haue receyued by Christes passion, and consider the circumstaunce of hys moste excellent pacience, and moste feruent loue toward vs, with our forgetfulnes, and the daily breache of our promesse, whiche we made at our baptisme, conferryng our mutuall vnkindnes therevnto, there shal appere no ingeatitude that shuld offende vs. Finally for a conclusion, beholde well aboute thee, and thou shalte all daie fynde

the childzen ingrate to their parentes, and wyues to their husbandes. And wyte thou loke that thy benefite, or vayne expectacion, shoulde make the more fre frō ingratitude of thy freend, whome chaunce hath sent thee, than nature mai the parentes toward their childzen, or the conjunction of bodies by lefull mariage, take vnkindnesse from the wiues towarde the husbandes. This vyce therfore of ingratitude, beyng so common a chaunce, make no worldlye freendeshyp so precious, that life or healthe therefore should be spent or consumed. I haue ben the lēger in this place, because I haue had in this grieke sufficiente experience.

Death of childzen.

¶ If death of childzen be cause of thy heauynesse, call to thy remembrance some childzen (of whome there is no litteli noumbze) whose liues eyther for vncorrigible vyces, or infortunate chaunces, haue ben more greeuous vnto theyr parentes, than the death of thy childzen ought to be vnto thee: considering that death is the discharger of all griefes and mysteries, and to theim that die well, the fyrst entrie into lyke euerlastinge.

Losse of goodes.

¶ The losse of goodes or auctozitie doo grieue none but fooles, which do not marke diligently that lyke as neither the one nor the other doeth alwaie happen to theym that are worthy, so we haue in dayly experience, that they fall from him sodenly, who in increasinge or keping them seemeth moste busie.

Lack of promocion.

¶ Oftentymes the repulse from promotion is cause of discomforte. But than consider, whether they

ther in the opinion of good men, thou art demed worthy to haue suche aduancement, or in thyne owne expectacion and fantasie. If good men so iudge the, thanke thou god of that felycitie, and laugh at the blindnesse of them, that so haue refused the. If it procede of thine owne folye, abhorre all arrogance, and inforce thy selfe to bee aduanced in mens estimacion, before thou canste fynde thy selfe woorthie in thy proper opinion.

¶ All other chaunces of fortune, esteme as nothing, and that longe before they doo happen. Chaunces of fortune.

The ofte recordinge of myserie, prepareth the mynde to feele lesse aduersitie. And the contẽpte of fortune, is sure quietnesse, and moste perfite felicitie.

¶ This now shall suffise concerninge remedies of morall philosophie. Now will I write somewhat touchinge counsaile of phisicke, as in relieuinge the bodie, which either by the said occessiõs, or by the humour of melancoly, is brought out of temper.

¶ The first counsayle is, that duryng the tyme of that passion, eschewe to be angrie, studiouse, or solitarie, and reioyce thee wyth melodye, or els be alwaye in suche compaygnie, as best maie contente thee.

Auoyde all thinges that be noyouse in sight, smellynge and hearinge, and imbrace all thinge that is delectable.

Flee darkenesse, muche watche, and busineſse of mynde, muche compaynynge with women, the vse of thinges very hot and drie, often purgacions, immoderate exercise, thyrst, muche abstinence,

ſtinence, drie windes and colde.

Abſtein from dayly eating of muche old' bieſe or olde mutton, hard cheeſe, hares fleſhe, bores fleſhe, veniſon, ſalte fiſhe, coole wortes, beanes, and peaſon, very courſe breade, great fiſſhes of the ſea, as thurlepole, porpiſe, and ſturgeon, and other of lyke natures, wyne redde and thycke, meates being very ſalte or ſowre, olde, burned, or fryed, garlyke, onyons, and leekes.

Vſe meates, whiche are temperately hot, and therwith ſomwhat moyſte, boyled, rather than roſted, lyght of digeſtion, and ingendryng bloud clere and fyne. As mylke hotte from the vdder, or at the leaſt new mylked, ruen cheſe, ſwete almondes, the yelkes of rere egges, little birdes of the buſhes, chickens, and hennes. Wyne whyte or claret, clere and fragrant Swete ſauours in wynter hot, in ſommer colde, in the meane time temperate.

¶ Confortatiues of the herte hotte.

¶ Bourage the floure or leafe.
Bugloſſe.
Baulme mynte.
Elicompane.
Cloues.
Cardamomum.
Roſemary.
Lignum alowes.
Muſke.
Ambergriſe.
Saffron.
The bone of the hearte of a redde deere.
Myntes.
The rinde of Citron.
Beene.
Bububes.
Baſyll.

¶ Confortatiues of the hert colde.

¶ Violettes.
Perles.
Corall.

The

The vnicornes horne.
Old appulles whyche be good.
Roses.
Saunders.
The Olyphantes toothe.
Water lyllies.
Coryander prepared.

¶ Confortatiues temperate.
¶ Jacincte.
Saphire.
Emerauldes.
Myrabolanes, called kebuli.
Buglosse.
Golde, syluer.

¶ Of Joye.

IOye or gladnesse of hert doeth prolonge the lyfe, it fatteth the bodye that is leane wyth troubles, bytinge the humours to an equall temperaunce, and drawynge naturall heate ontwarde. But yf it be sodayne and feruente, it oftentyme sleeth, for as muche as it draweth to sodainly and excessiuely naturall heate outward And therfore diuerse men and women haue ben seene to fall in a sounde, whan they haue sodain lie beholde the persons, whome they feruentlye loued.

¶ A woman in Rome, hearinge first, that hir sonne was slaine in battayle. After whan he came to her, she seeyng hym alyue, imbracynge eche other, she died in hys armes. Thys well considered, against suche inordinate gladnesse, the best preseruatiue is to remember, that the extreme partes of mundaine ioye is sorowe and heauinesse: And that nothinge of this worlde, maie so muche reioyce vs: but occasion maye cause it to be displeasaunt vnto vs. Ti. liui.

The dominion of sondrie com= plexcions. Cap. 13.

IT seemeth to me not inconueniente, that I doo declare as well the counsayles of auncient and approued authors, as also myne owne opinion, gathered by dilygent markinge in daylye experience, concerning as well necessarie diete of euerie complexcion, age, and declinacion of health, as also the meane to resist the discrasies of the bodie, before sickenesse be therin cõfirmed, leauinge the residue vnto the substanciall lerning and circumspect practise of good phy sicions, whiche shall the more easily cure their pacientes, if their pacientes do not disdayne to beare away and folow my counsayle.

¶ And first it ought to be considered, that none of the iiij. complexcions haue soolely such dominion in one man or womans body, that no parte of any other complexcion is therwith myxt. For when we call a man sanguine, colerike, fleumatike or melancoly, we do not meane that he hath bloud only without anye of the other humours, or choler without bloud, or fleume wyth oute bloud or melancholie, or melancholy without bloud or choler. And therefore the man, whyche is sanguine, the more that he draweth into age, wherby naturall moysture decayeth, the more is he cholerike, by reason that heate surmountinge moysture, needes must remayne heat and drithe. Semblablie the cholerike man, the more that he

he wareth into age, the moze naturall heate in him is abated, and dzieth surmountinge natu= rall moysture, he becommeth melancholike, but some sanguine man hath in the pzopozcion of temperatures, a greater myxture with choler, than an other hath. Lykewise the cholerike oz fleumatike man with the humour of sanguyne oz melancholy. And therefoze late pzactisers of phisike are wonte to call men, accozdinge to the myxture of their complexcions, as sanguyne co= lerike, fleumatike sanguine. &c. Mozeouer, be= side the naturall complexions, whiche man re= cepueth in his generacion, the humours, wherof the same complexcions do consist, beinge aug= mented superfluously in the bodi oz membzes bi any of the sayd thinges called not natural, eue= rie of them do semblably augment the complex= cion, whiche is pzopet vnto hym, and bzingethe vnequall temperature vnto the bodie. And foz these causes, the sanguine oz fleumatike man oz woman, feelyng anie diserasie by choler hapned to them by the sayde thinges, called not Natu= rall, they shall vse the diete described hereafter to him, whiche is naturally cholerike. Sembla= blie the cholerike oz melancholike man oz wo= man, hauynge any dyserasie by fleume oz vse the dyete of hym whiche is naturallye fleuma= tyke, alwaye remembzyng, that sanguine and fleumatike men haue moze respecte vnto dzithe, cholerike and melancholie vnto moysture, and that alwaie as the accidentall complexcion de= cayeth, to resozte by lyttell and lyttell to the di= ete, perteinyng to his naturall complexcion.

The

The tymes appropried to euery na= naturall humour. Cap. 14.

BAt first it must be considered, that where the foure humours be alway in man, and in some man commonlye one humour is more abundant than an other naturallye, that is to saie, from his generation. This sayde humours haue also peculiare tymes assigned to euerie one of them, wherin eche of them is in his moste power and force, as after insueth, after the description of Soranus.

Soranus Ephesi⁹.

¶ Fleume hath moste puissance in winter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Februarie, whereby are ingendred Catarres or reumes, the vuula, the rought, and the stitche. This humour is parte in the head, parte in the stomacke. It hath dominion from the. iii. houre of nyght, vntyll the nynthe houre of the same nyght.

¶ Bloud increaseth in springe tyme from the viii. Idus of Februarie, vnto the. viii. Idus of Maie, wherof are ingendred feuers, and swete humours, whiche do shortly putrifie, the power of this humour is about the hert, and hath dominion from the ninth houre of nyght, vntil the thirde houre of the morning.

¶ Redde choler hath power in Sommer from the. viii. Idus of maye, vntill the. viii. Idus of August, wherby are ingendred hotte and sharpe feuers: this humour is specially in the liuer, & hath dominion from the third houre of day, vntill the. ix. houre of the same daie.

¶ Yelowe

¶ Yelow choler, wherof is ingendred the fleme of the stomake, is norished in Autumne, whyche beginneth the. viii. Idus of Auguste, and dureth vnto the. viii. daye of Nouember, and maketh shaking feuers and sharpe: the blacke choler that increaseth, and than foloweth thicknes of the bloud in the veynes. Blacke choler or melancholy moste rayneth in the splene. and it rayneth from the ix. houre of daie, vntill the thyrde houre of nyght.

Peculiar remedies agaynst the distemperance of euerie humour.

IF the distemperaunce bee of bloud, helpe it wyth thinges colde, sharpe and drie, for blud is moyste, hotte, and sweete. If it be of red choler, geue thinges colde, moyst, and sweete for redde choler is bitter and firie. If it be of blacke choler, geue thinges hot moiste and swete for blacke choler is sharpe and colde. If the disease be of salte fleume, geue thinges sweete hot and drie, thus saith Soranus. Notwithstãding where there is abũdance of cold flume not myxt with choler, there thinges very sharpe and hot be moste conuenient, as tarte vyneger with hotte roses and seedes or wynes, strong and rough honie beynge sodden in the one and the other, or where choler is myxt with fleume: syrope acetose made with vyneger and sugar boyled, someyme with herbes, rootes, or seedes, whyche may dissolue fleume and digest it. Soran. in arte medẽdi.

¶ Diete

Diete of them, vvhiche are of ſanguine complexeion. Cap. 15.

For as muche as in ſangvyne men blonde moſte reygneth, which is ſoone corrupted, it ſhall be neceſſarie for them whiche are of that complexeion, to be circumſpecte in eatinge meate, that ſhortly will receiue putrifactiō as the more part of fruites, ſpecially not beynge perfectly ripe, alſo meates that be of ill iuice, as flesshe of beaſtes to olde or to ponge, vdders of beaſtes, braines, except of capons and chickens, marowe of the backebone, muche vſe of onyons, leckes, garlyke, muche vſe of olde figges, muche vſe of rawe herbes, and all thinge wherin is exceſſe of heate, colde, or moiſture, meates that be ſtale, fiſhes of the fennes or muddy waters, and to muche ſlepe. as experience ſheweth.

Diete of cholerike perſons. Cap. 16.

To them whiche be colerike, being in their naturall temperature, and haupnge not from their youth vſed the cōtrary, groſſe meates moderately taken, be more conuenient, than the meates that be fyne, and better ſhall they digeſt a piece of good biefe, than a chickens legge. Choler of his propertie rather burninge than well digeſtinge meates of lyght ſubſtaunce, not withſtandinge ſome gentylmen whiche be nicelye brought vp in their infancye, maie not ſo well ſuſteyne that diete as poore men, beynge the more parte vſed to groſſe meates

tes. Wherefore their diet must be in a temperance as yonge biefe, olde veale, mutton, and venison powdred, yonge geese, and such lyke, concerning their complection with meates like thervnto in qualitie and degree, accordinge to the counsayle of Hippocrates. And as he perceyueth choler to abounde, so to interlace meates which be cold in a moderate quantitie, and to alaye their wyne more or lesse with water, eschewynge hotte spices, hotte wynes, and excessiue labour, wherby the bodye maye be muche chaufed. Also he maye eate oftener in the daie than anie other: forseen, that there be such distaunce betwene his meales as the meate before eaten be fully digested, whiche in some person is more, in some lesse, accordinge to the heate and strength of his stomake, notinge alwaye that the cholerike person dygesteth more meate than his appetite desireth, the melancholike person desireth by false appetite more than his stomake maie digest. And to a cholerike person it is right daungerous, to vse longe abstinence: for choler, findinge nothynge in the stomacke to concocte, it fareth than, as where a littell potage or mylke, beinge in a vessell ouer a great fyre, it is bourned to the vessel, and vnsauery fumes and vapours do issue oute therof. Lykewise in a cholerike stomake, by abstinence, these inconueniences doo happen, humours aduste, consuming of naturall moisture, fumosities and stinkinge vapours, ascendinge vp to the heade, wherof is engendred duskynge of the eyes head aches, hotte and thinne reumes after euery littell surfet, and manie other in-

son

conueniences. Wherfore beſyde the opinion of beſt learned men, myne owne peynefull experi-ence alſo moueth me, to exhorte them, whiche be of this complexion, to eſchew muche abſtynence And although they be ſtudious, and vſe lytle exercyſe, yet in the morninge, to eate ſomewhat in litteil quantitie, and not to ſtudy immediately, but firſt to ſitte a while, and after to ſtande or walke ſoftely, which vſing theſe two yeres, I & alſo other, that haue longe knowen me, haue perceyued in my bodye a great alteration, that is to ſaye, from yll eſtate to better. Alwaye remember, that if anie other humour do abounde in the cholerike perſon, as fleume, or melancoly than vntyll that humour be expelled, the diete muſte be correctiue of that humour, and therefore more hote and fine, than the naturall diete before rehearſed: but yet there woulde be alwaye reſpecte had to the naturall complexion, ſometyme ſuffering the perſon to eate or drinke that, whiche nature worckynge, feruentely deſireth.

Dieteof fleumatike perſones. Cap. 17.

IT is to be remẽbred, that pure fleume is properly colde and moiſte, and lacketh taſt. Salt fleume is mixt with choler, and therfore hath not in him ſo muche colde nor humiditie, as pure fleume hath: & therfore it requireth a tẽperance in thinges hot & dry, wherby fleume is digeſted or expulſed to fleumatike perſons al mea-

tes

tes ar nopfull, whiche are very colde, biscous or slymie, latte or sone putrified, eating much and often, specially meates ingendringe fleume, whiche be remembred in the table preceding. Al thinges be good, whiche are hotte and drie, also meates and drinkes whiche be sowre: onyons also, and garlyke moderately vsed, be verie commendable, in pure fleume not myxte wyth choler, muche vsinge of salte, specially dryed. Pepper grosse beaten, & eaten with meat, ought to be with all fleumatike persons familiar, also ginger is right cõueniẽt, but not to be so frequently vsed as pepper, for asmuche as the nature of peppet is, that beinge eaten, it passeth through the bodie, heatinge and comforting the stomake, not entringe into the veynes, nor anoiing the lyuer, whiche vertue is not in ginger. Ginger condite, the whiche wee doo call grene ginger, specially conded with sugar, if it may be gotten, and also Mirabolanes called Kebulie condite in India, be moste excellent remedyes against fleume, also the herbes, whiche are remẽbred afore in the table of digestiues of fleme and the rootes of persely, fenell, yreos, Elycampane, and carrettes be very commendable. Exercise twise in a day, the stomakes being almost emptie, so that sweate beginne to appere, is very expedient, clensing of the bodye from all fylthynesse, with rubbyng and wypinge, oftentymes with washinge, specialye the heade and partes there aboute, moderate sweatyng in hot bathes or stewes, be to this complexion necessarye, specialye whan they haue eaten and dronken ex-

ressiuely. The head and feete to be kepte from cold, and to dwell high and farre from moores and marshes, is a rule right necessarie, also to abstain from eating herbes and rootes not boyled, and generally from all meates whiche wyll not be easily digested.

¶ The diuision of melancoly, and the diet of persons melancolike. Cap. 18.

Melancoly is of two sortes, thone is called natural, which is only cold and dry, the other is called aduste or burned. Naturall melancoly is (as Galene saith) the residēce or dregges of the bloud: and therfore is colder and thicker than the bloud. Melancholye aduste is in foure kindes, either it is of naturall melancoly aduste, or of the more pure part of the bloud aduste, or of choler aduste, or of salte flume aduste. But of all other, that melancoly is worste whiche is ingendred of choler, finally all aduste melancoly annoieth the witte and iudgement of man. For whan that humour is hette, it maketh men mad, and whan it is extinct, it maketh men fooles, forgetfull and dull. The natural melancolie kept in his temperance, profiteth muche to true iudgement of the witte, but yet if it be to thicke, it darkeneth the spirites, maketh one tymorous, and the witte dull: If it be myxte with fleume, it mortifieth the bloud with to muche colde, wherfore it may not be so littell, that the bloud and spirites in their feruentnesse, be as it were vnbrideled, whereof doo happen vnstablenesse of witte, and slipper remembrance, nor yet so much, that by the weyght therof (for it is heauye

Ex Marcilio ficino de uita sana.

nie approchinge nigh to the earth) that we seme to be alwaie in slepe, and nede a spurre to pricke vs forward. Wherfore it is right expediente, to kepe that humour as thinne as nature will suffer it, and not to haue to muche of it. But nowe to the diete pertayning to them, whom this humour annoyeth. The knowlage that melancolye reigneth, is oftentimes, heuinesse of mynde, or feare without cause, slepinesse in the membres, many crampes without repletion or emptines, sodeu furie, sodein incontinencie of the tongue, muche solicitude of lyght thinges, with playnesse of the vysage, and fearfull dreames of terrible visions, dreamyng of darkenesse, depe pittes, or death of frendes or acquaintance, and of all thing that is blacke. The meates conuenient are they, whiche bee temperately in heate, but specially they that be moiste meates soone digested, and they rather boyled than rosted, temperately myxte with spices, mylke hotte from the vdder, or late mylked, is very conueniente for that complexion, swete almondes blanched, and almond mylke, the yelkes of rere egges, and finally all thinges, whiche ingender pure bloud, and all that is written in the chapter of age. All these be yll for them. Wine thicke or troublous, specially red wine, meates hard, drie, very salte or sowre, burned meate, fried meate, much biefe hares flesche, beanes, roket, colewortes, musterd radiche, garlyke, except there be muche wynde in the bodye, for than is it very holsome, onyons, lekes, finally all thinges whiche heateth to muche, keeleth to mytche, or drieth to muche, also

wrathe, feare, compassion, sorowe, muche studie or care, muche idelnesse or reste, all thinge that is greuous to see, to smell, or to heare, but most specially darknesse. Moreouer muche dryng of the bodi, either with long watche, or with much care and tossinge of the minde, or with muche lecherye, or muche eating and drinking of thinges that be hot and drie, or immoderate euacuacion, labour, abstinence, thirst, goinge in the ayre vntemperately hotte cold, or drie, al these thinges do annoie them that be greeued with anı melancolie. It is to be diligently considered, that where melancolye happeneth of choler aduste, there meates whiche be hotte in working, wolde be wisely tempred, and drinkinge of hot wynes would be eschewed, semblable cautele would be in sauours. Not withstandinge moderate vse of small wynes, clere and well verdured, is herein very commendable, the humour thereby being clarified, and the spirites clensed, but the abuse or excesse therof, doth as muche damage.

Also it is right expediente, to put into wyne or ale, a gadde of syluer or gold, glowing hot oute of the fyre, to temper hot meates with roses, violettes, saunders, rose water, borage, buglosse, baulme called in latine Melyssa, or the water of all thre droken with good wyne, white or claret or made in a iulep with suger, is wonderful holsom, chewing of likorise, or raisons of corance, is right expedient, but most of al other thinges, mirth, good cōpany, gladnes, moderate exercise, with moderate feding. And thus I leue to speke of diets, aptly belonging to the, iiii. cōplexions.

The

THE FOVRTH BOOKE.

¶ VVhat cruditie is, and remedies therefore. Cap. primo.

I Wyll somewhat write of two discrasies of the body, whiche do happen by the excesse or lacke of thynges called not naturall, whereof I haue spokē before. The one is called cruditie, the other lassitude, whiche although they be word? made of Latine, hauinge none apt Englishe woorde therefore, yet by the diffinicions and more ample declaracion of them, they shall be vnderstand sufficiently, and from henseforth vsed for Englishe. But first it shall be necessarie to consider that concoction is an alteracion in the stomake of meates and drinkes, accordinge to theyr qualities, whereby they are made lyke to the substance of the bodie. Crudite is a vicious concoction of thinges receyued, they not beinge holely or perfectlye altered. The cause thereof is, somtime the distemperature of the stomake, sometime inflammacions, somtyme matter congeled, or imposthumes in the stomacke, otherwhile ingurgitacion of meate and drinke: or for the vicious qualitie of the same meates or drinkes, or the receiuing therof out of order, or lacke

Concoction what it is.

crudite what it is.

The cause of cruditie.

of exercise, or of conuenient euacuacion. Galen saieth, that in rudities or vicious concoction it must be considered, as well if the iuyce be vtterly corrupted, and may not be sufficiently concocte, as also if it be in the waye of concoction, for if it be corrupted, it must be expelled bi sweat or vrine, if it be halfe concocte, than must suche thinges be ministred, as maie helpe to profite concoction, hauing regarded to the qualitie and temperance of the iuice, that is to saye, whether it be thicke or thinne, fleumatike or cholerike: which shall be perceyued by the diete precedinge, and also by other thinges named not naturall. For Fleumatike meates eaten in greate quantitie or often, maketh fleumatike iuyce. Likewise doth lacke of conuenient exercise, to muche rest of idelnesse, as cholerike meates and vehement labours doo make cholerike iuice in sommer, and melancholike iuyce in Autumne, specially where labours be continuall or longe durynge. Also where labour is wyth muche sweate, there is the vrine more grosse: where it is without sweate, there is it thynner. Moreouer the colour and substance of the vryne declareth the temperance of the iuice, whiche shall be hereafter declared in the table of vrines.

Galē lib. 6. Semblablye the colour of the bodye declareth the iuice that is in it, for beinge whiter than it was woont to be, it signifieth abundaunce of fleume, beyng more pale or yelow, it betokeneth excesse of choler. if it be blacker, it signifieth melancoly, if the ill iuyce be much in quantitie and the bloud littell, the yll iuice would be digested

and

and expelled with ſuche thinges as do ſerue for that temperature, but if the blud be muche, and the yll iuice littell in quantitie, there would the vayne be opened, and after ſufficient bledyng, a conuenient purgacion geuen, hauynge regarde as well of the quantitie of the iuyce, as of the kind therof, in caſe that either for age or for ty-morouſneſſe, a man wyll not be let bloud, than muſt he be pourged by ſiege in more abundance: But if he in whome is littell good bloudde, and muche yll iuyce, and feeleth a laſſitude or wearineſſe in all his bodye, he ſhould neyther be let bloud, nor receyue purgacion, nor yet labour or walke muche: but abyde in muche quiet, and aſſaye to ſlepe muche, and receyue ſuche meates drinkes and medicines, whiche doeth extenuate or make thinne, cutte, and digeſt groſſe humors, without vehement heate, wherof it is written in the table of digeſtiues: in the number of whom is oxymell, beinge well made, or Acetoſus ſimpler, where the iuice is muche cholerike or melancolike. Semblably, capers with oyle and vyneger be prayſed of Galene. Whan there appereth in the vrine a reſidence lyght and whyte: than wyne white or clarette moderately taken, helpeth to concoction, maketh a good iuice, and prouoketh vrine, than increaſe fricacions and exerciſe by lyttell and littell, and than let hym retourne to his natrall diete. In whome is aboundaunce of rawe iuice and outwardlye feeleth a laſſitude, to theym Galene counſaylleth, the ſeconde or thyrde daye to geue Weath, wher in Iſope is boyled, and afterwarde to vomite.

The meane to escape crudities, is to be diligent in obseruacion of the counsels before written, concerning the thinges called not naturall, not muche vsinge meates that be very harde to concocte, also fatte meate, and meates longe kepte, also corrupted or stinkinge, sweete fruites, and banketting dishes, hasty feeding withoute good chewinge, also muche or verye ofte drinkinge at meales, very muche heate, or very muche colde after meate.

¶ Furthermore it must be considered, that all thinges which bringeth grieke to the body, is ingendred either of to muche abundance of iuyce, or of the vicio⁹ qualitie thereof. He that is sicke of abnndance, the diet of him wholly consisteth in reducing the iuice to a conuenient quantitie. He that is grieued with the vicious qualitie of the iuyces, his order resteth in making the iuyces equall in temperature. Moze ouer, where that whiche passeth out of the bodie, is lesse then that which is receyued into the body, there happeneth sickenesse, whiche commeth of abonndaunce. In the whiche case it ought to be diligently forseen, that there be obserued a conuenient meane of meates and drinkes, in respecte of that whiche is expelled out of the bodie, whiche may be done if the quantitie of eche of theym be wisely considered. And where abundance is, there be quantitie or qualitie, or both be tẽpred. Alwaye remember, that of crude iuyce be diuers kindes, some be colde and fleumatike, some be hotte and cholerike, other be more thin and watrie, some of blacke choler or melancolike. They

which

whiche do abound in any of them, muſt abſteyne from ſuche meates and dzinkes, whiche doo ingender ſuche iuyce as doth annoye theim: thoſe meates and dzinkes be declared in tables pzecedinge. Aetius alſo woulde that he ſhould dzinke a dzaught of cold water, affirminge, that therby the ſtomacke beinge coꝛroboꝛate, dziueth oute of him downe into the bealy, that whiche cleaueth faſt to it. I my ſelf vſinge to dzinke faſting, very ſmall biere oꝛ ale, whan I haue been in that caſe, haue founde eaſe by it. Paulus Aegineta willeth, that at the beginning, the legges and armes ſhuld be rubbed with a courſe linnen cloth, the legges downeward to the feete, the armes to the toppes of the fingers, and whan they be well chaufed, than to rubbe them agayne with ſome oyle, that doth open the pooꝛes, and diſcuſſe the vapoꝛs, as oyle of camomell, oyle of anete, and other like he pzayſeth muche Muſe, oꝛ the water of hony, ſpecially if ſome Iſope be boyled in it. Galen, and al other do agꝛe, that in this caſe pepper bzuiſed and eaten with meat, is very expedient: And where there is muche wind in the ſtomake, than to eate all tymes of the day of the medicine made of the thzee kides of pepper, time aniſe ſede, and hony clarified, whyche is called diatrion pipereon, oꝛ that whiche is called diaſpolitticion, oꝛ diapiganon. whiche is made of cummine ſteped one daie and a night, oꝛ lenger in tart vineger, and after fried oꝛ laid on a burning hotſtone, and made in pouder, alſo pepper and rue dzied ſomwhat, and made into pouldee all in equall pozcions, and myxte with clarified

hony

hony, Galen addeth therto salt peter, called in latine Nierum. The confection made with the iuices of quinces, and called Diacydoniten, is very excellent. But it is to be diligentlye noted, that where crudite is in a cholerike person, there would the said medicines be temperately vsed, and the sayde diacitoniten, to haue littell or no spices in it. And for my part, being of a colerike humour myxt with fleume, many yeres continually in crudities, I neuer founde any thing better then fine Rubarbe chewed with rapsons of corens, which I tope by the counsayle of the worshipfull and well lerned phisicion, maister doctour Augustine, who in his maners declareth the gentilnesse of his auncient bloud, which medicine I do not leaue to vse dayly fasting, when I fele some crudities to beginne. Also syrope acetose, that is to saye, sugar sodden in pure vyneger, and littel water, vntill it be thicke as a syrope, is sometime conuenient, and that as well to cholerike persons, as vnto fleumatike: and if fleume be aboundaunt, than with rootes and seedes of fenell and persely sodden with it, Also in that case Oxymell, that is to saye, hony and water sodden together, with the sayde rootes and seedes, and a quantitie of vyneger put therto in the boylynge, is very commendable. If the pacient be very costiue, than the medicine of Galene, called Hierapicra, from halfe an ounce to an ounce, taken in water of hony or ale, or taken in pylles the weyght of a groate, and a halfe, or two groates, if the stuffe be good, will pourge the body sufficiently, withoute makinge

the

the bodie weaker. Also that medicine by clen-syng the stomake and bodie, delyuereth a man and woman, from many perillous sickenesses. If the humors in the stomacke be not putrified, but that it is greeued with abundaunce of salte fleume, I haue found, that mylke new mylked, wherein is put a quantitie of good honye or su-gar, and three leaues of good speare myntes, and a litteli boyled, so being dronke warme fa-sting, the quantitie of a pynte, and restinge on it, without eatinge or drinking any other thyng the space of thre houres after, haue abundantlye pourged and comforted the stomake, but where there is no fleume, but onely choler, it is not so holsome, but rather hurteth, makinge fumosi-ties in the head, whereof commeth head ache.

Of distillacions called commonly reumes, and and of some remedies agaynst them right necessary. Cap. 2.

For as much as at this present tyme in this realme of Englande, there is not anye one more annoyaunce to the helth of mans bo-die, than distillacions from the head cal-led reumes, I will not let to write somwhat of them, whereby men maye take benefite if they wyll, although some phisicions, more conside-ring their market, than their duitie to god and their countrey, wyll be neuer so muche offended with myne honest enterprise.

¶ Distillacion is a droppynge downe of a ly-quide matter out of the head, and falling eyther into

into the mouthe, or into the nosethyrlles, or into the eies, and somtime into the chekes and eares that whiche falleth into the mouthe, is receyued of the throte into that part, whiche is the instrument of the voyce, whiche at the firste maketh hoarsenesse, and in processe of tyme maketh the voyce litteil, and vnneth to be harde. And if the reume be sharpe, it raseth the inner skinne of the throte, and somtime it doeth exulcerate the lunges. If it doeth fall into the stomake, the reume being colde, it altereth the bodie into a colde dystemperance, if it be hot, it maketh a hot distemperature, and doth somtyme exulcerate in processe of tyme: And at the beginning abateth appetite, and maketh feeble concoction. The colde reume, maketh concoction slow, and also crudi-tie, and ingendreth sowre fumes in the mouthe. If it be corrupted, it tourneth also nozischement vnto corrupcion, whiche maketh vpbraydinges fumische or sharpe, or of some yll qualitie, whych cannot be expressed. If the matter do discend lower, it tormenteth the guttes called ieiunū and colon, and toucheth other vessels, from whence procedeth digestion. In this discrasie.ii thinges are to be prouided for, first to let that the reume doo not distill into the sayd places, or if it hath dooen, that it be shortely expelled from thence. First to let that it shall not distyll, it shall be necessarie to eat some meate the sooner in the mornynge, if there hath not preceded replecion.

Where the temperature of all the bodie is colerike, & the stomake is weake, the stomake wolde be made stronge with suche thinges as of theyr pro-

propertie doo comforte the stomacke, forseene that they be moderately colde and moyste: And that whiche is al readie fallen into the stomake, must be expelled with vomite or siege, prouoked with wormewoode stieped all one daye and a night in a littell small white wyne, or small ale and stale, whiche hath vertue onely to wype away the fylth from the stomake, but if it be sucked deepe into the fylthes of the stomake, than is it better to take the medicine called Hierapicra, either in pouder with drinke warmed, or els in pylles, to the numbre of .v. or mo in the morning .vi. houres before any other meat or drinke taken, afterwarde to noynte the mouthe of the stomake wyth oyle of Mastike or Nardinum temperately warme. Alwaie if a hot reume doo fall into a hotte stomake, then meates and drinkes whiche be colde in vertue woulde onely be vsed, where the stomake is distempered wyth heate, and the reume distilleth into a cold head, there is the discrasie hard to be cured: And they whiche be so affect or diseased, muste take suche thinges as maie dissolue the fleume, and clense the stomake without heatinge thereof, of the whiche vertue we knowe Ormell to be of.

¶ If the stomacke and head be bothe distempered with colde, than must be vsed meates drinkes and oyntementes, which only be hotte, and vtterly to forbeare all that is colde.

¶ By these distillacions or reumes happeneth manye other greeuous diseases, besides those wherof I haue spoken, as in the head whirlynges, called in latine Vertigines, sodeine sound-

dinges

dynges, falling sickneſſe, poſtes, ſtinkinge of the noſe, called Polipus, ſores in the mouth, toothe ache, pinne and web in the eies, dulneſſe of hearing, quinces, fretting of the bowels, with flyxes, ſhortnes of breath, griefe in the hert, palſeys, ache in the muſcules and ioyntes, wherfore it is not to be neglected. And I do much meruayl, that our phiſicions do not more ſtudiouſly prouide therfore remedies. I my ſelfe was by the ſpace of foure yeres continually in this diſcraſie, and was counſayled by diuers phiſicions to kepe my head warme, and to vſe Diatrion piperion, and ſuche other hotte thinges as I haue reherſed: at the laſt feelynge my ſelfe verie feble, and lacking appetite and ſleepe, as I happened to read the booke of Galen, de temperamentis, whiche treateth De inequali temperatura, and afterward the .vi. boke, De tuenda ſanitate, I perceyued that I had ben longe in an errour. Wherfore firſt I did throwe awaye my quylted cappe, and my other cloſe bonettes, and onlye did lie in a thinne coyfe, whiche I haue euer ſens vſed bothe winter and ſommer, and ware a lyght bonet of veluet onely, than made I oxymell after the doctrine of Galene, ſauyng that I boyled in the vyneger rootes of Perſely and Fenell, wyth Endiue Cykorie, and Betayne, and after that I had taken it three daies contynually, euery day three ſpones full in the morning warme: than toke I of the ſame Oxymell, wherin I had infuſed or ſtieped one dramme of Agarike, and halfe a dramme of fine Reubarbe, the ſpace of .iii. daies and .iii. nyghtes, whiche I re-

receyued in the mozning, eatynge no meate tyre howzes after, and that but a littell bzothe of a boyled henne, wherof inſued eight ſtooles abun dant of choler and fleume: ſoone after I ſlepte ſoundely, and had good appetite to eate. After ſupper I would either eate a fewe colyander ſe= des prepared, oz ſwallowe downe a littell fyne maſtix, and fozbare wyne, and dzanke onlye ale, and that but littell and ſtale, and alſo warmed. And ſometime in the mozning would take a par fume of Stozax calamita, and nowe and than I woulde put into my noſethzyls eyther a leafe of grene laurell, oz betain, oz water of maiozam bzuiſed, whiche cauſed the humour to diſtyll by my noſethzylles. And if I lacked ſtozax, I toke foz a parfume the rindes of olde roſemarye and burned them, and held my mouth ouer the fume cloaſinge mine eyes: afterwarde to comfozte my ſtomake and make it ſtronge, ſometime I wold eate with my meate a littell white pepper groſſe bzuiſed, ſometyme Galens electuarie made of the iuyce of quynces, called Diacytonites, ſom= time marmalade of quinces, oz a quince roſted. And by this diete, I thanke almyghty god, vn= to whome onely be geuen all glozie, I was re= duced into a better ſtate in my ſtomake and hed, than I was .xvi. yeres befoze, as it maye appere vnto them, whiche haue longe knowen me.

¶ And this haue I not wzitten foz vayneglozie oz of pzeſumpcion, but to the intente that they whiche haue their bodies in lyke temperature as myne was, that is to ſaye, being cholerike of complexion, and hauing reumes fallynge out of

a hotte head, maie if they list assaie myne experi-
ence, or in the steede of my sayde infusion, take
Hierapicra, with ale or water to pourge theym,
whereof shall not insue so muche peryll, as of
corrupted syropes, and other confections cal-
led Magistrales, made with olde rotten drug-
ges, though the phisicions be neuer so well ler-
ned. In bodies of other temperature, I would
not that myne experiente should be practised but
with discrecion, temperinge the medicine as the
qualities of the stomake and head doo require,
remembring alwaye, that hot reumes be thinne
and subtill, colde reumes be for the more parte
thicke. Also that they whiche be thinne, woulde
be made thicke, that they perce not so fast. And
that they which be thicke, wolde be made thinne
that they may the soner be purged. Finally thys
dare I affirme, that the reumes, whiche of late
time haue ben more frequent in this realme, the
they were wont to be. xl. yeres passed, haue hap-
ned of none occasion more than of bankettyng
after supper, and drinking much, specially wine
a litle afore slepe. In other thinge is the kepinge
the head to hotte or to long couered, wherby the
brayne, which is naturally colde, is dystempred
with hot vapors ascendinge from the stomake,
those same vapours beinge let to euaporate or
passe forth out of the head, and therefore be con-
crete or gathered into humour superfluo⁹, whi-
che stilleth downe eftsones out of the head into
the places before rehersed. Yet now a dayes yf a
boy of. vii. yeres age, or a yong man of. xx. yeres,
haue not. ii. cappes on his hed, he and his freen-

des

des wyll thinke that he maye not continue in health. And yet if the inner cappe be not of velvet or sattyne, a seruinge man feareth to loose is credence. A person vicar or parishe preest, by vsinge their velvet cappes embroudred with laces, doo make some men thinke that they be ashamed of their crownes, that reuerende token of the order of preesthoode, the whiche notable abuse, I muche meruayle that the bishops wyll suffer, specially they whiche haue had leysure to reade the woorkes of sayncte Cipriane, sayncte Hieromc, Chrisostomus, saincte Ambrose, and sundrie decrees made by the olde fathers, concerning the honest vesture of preestes, which although it seme a light matter to some men, yet it augmenteth or minisheth not a littell in preestes, the estimacion of their condicions. Salomon confirmeth the same, saying: The garmēt, the gate, and laughter of a man declareth what he is. But this matter will I leaue to an other place, where I intend to spēke more abundantlie of it, if it be not the sooner amended. Nowe to conclude, as long as the sayd occasions continewe, so longe men shall not be without reumes, although they were all perfect phisicions.

¶ By vvhat tokens one may knovve vvhether the stomake and head be hotte or colde.

NOw to retourne to the remedies against the sayde annoyance, whereof hapneth so many great sickenesse, I wyll be bolde to

write a littell out of the workes of the moste famouse and expert phisicions. First the cause of the reume must be digested, after expulsed, thirdly diuerted, that is to say, tourned from the eien or throte, into the nose, from whense it may be more easily pourged. Fourthly it maye be stopped, that it shall not distyll. In hotte distillacions the head is very hotte in feelyng, the reume being in the mouthe is thinne and warme, the tongue or cheekes within blistered, the face somtyme redder than it is accustomed to be, sometyme a burning within the nose. To them whyche haue this hotte reume, maye be geuē the sede of whyte popy. Diacodion made of the heades of white popy and rayne water. Amylum wyth mylke, if there be no feuer, penidees, malowes, orage, gourdes, and spynage, boyled and eaten with oyle of almondes, syrope of violettes, nemipher, or the wine of swete pomegranates, the water of a greate cucumber, boyled with a littell sugar, being dronke, doeth mitigate choler, stoppeth the reume, and easilye looseth the bealy, the seedes of mylons brayed in a morter with water, and strayned with soft breade, hauynge sugar put to it, maketh an excellent good meate against the hotte reumes, plaisters made of barley bruised, violettes, popy, and camomyll boyled in water, wherin spounges or linnen cloathes beinge dept, should be layed on the head, and the genitories or legges therewith washed. If the sicke man cannot sleepe, than the sayde partes with the bealy and foundement shall be noincted with the oyles of violettes and Nemyphar,

phar, the sauour of camphar in rose water with violettes is good in that case. Galene exhorteth and I haue proued, that in a very hotte reume, whiche hath stilled faste, the pouringe of colde water vppon ones heade hath stinted the reume. He that is therein diseased must exchewe goinge in the sunne, or to come nigh a great fyre, or to stande or be longe couered, or to weare muche on his head, he muste rest muche, and prouoke him selfe to slepe a nyght, but not verie longe, and to lie on the one syde on a hard bedde, hauing his head hygh, also rubbynge of his legges before meale is very holsome. Colde reumes be perceyued by coldnesse of the humour and head with paleneste of the visage, all colde thinges increasinge the reume. These thynges are good against it, the decoction of cicer wyth honie and raysons, fyberd nuttes tosted eaten after meales, nothing is more holsome then abstinence, specially in the euenynge, they whiche haue it, must beware of Northen wyndes, the moone shyne by nyghte, washinge in colde water, and to be longe bareheadded. The seedes of Nigella a litteil tosted and put into a piece of thinne sarcenet and smelled vnto, stoppeth the reumes.

¶ Neesinge in the beginninge of the reume is dispraised of Galen, but after that the matter is digested, it is very holsome: that may be made with leaues of laurel or betein put into the nose thyrls, the iuyce of colewortes, the rootes of red beetes, water of Maiorain. A prety medicine for that purpose proued. The iuyce of ponge beetes

and Maioram of euerichе one ounce, good white wine eyght ounces, saffron the weyght of two pence, that beinge hette and taken in the mouthe, shall be drawen vp with breathe to the place, whereby the distillacion falleth out of the nose into the mouthe. And if the reume doo dystyll into the cheekes and teeth, I haue proued, that the iuyce of grounde Iuie, and that herbe whiche we call Mouse eare, taken within a quyl into the nosethyrlles, oftentymes pourgeth excedinglie the reume, and taketh awaye the ache of the teeth.

¶ Gargarisinge, if it be not discretelye vsed, may do more harm than good, bring doune muche abundance of matter vndigested, but taken in order with water, hony, and pepper, or wyth Isope and figges boyled in white wyne, and taken very hot in a gargarise is right conuenient.

¶ For compassion whiche I haue of theym that be vexed with toothe ache caused of reumes. I wyll by the leaue of physicions conclude this chapter with an excellent medicine agaynst the sayd passion, whiche is written of an honourable physicion of late yeres, whiche medicine also maketh teeth faste whyche be loose, and also stoppeth the superfluons bleedyng of gummes, wherewith the breath is made vnsauerie.

Take the rindes of Caper rootes, the rootes of brembles, whiche doo beare blacke bearies, the flowers of pomegranates called Balaustia, of euery of theim, the weight of two ducates, pelytorie of Spayne one ducate, seede of whyte henbane, the ryndes of mandrage, of euerye of

theim

theym one ducate and a halfe, spourge of the gardeyne one handfull, alume of the rocke two ducates, boyle all this in white wyne or claret which is very rough in taste, and straine it, therewith let the pacient oftētimes washe his mouth Albeit I will counsell theym, whiche wyll take this medicine or anye other, first to pourge the cause of the reume, as before is rehearsed, or in anye other wyse, as they shall be counsayled by well learned and discrete physicions.

¶ Of lassitude. Cap. 3.

LAssitude is a disposicion toward sickines, wherein a man feeleth a sorenesse, a swellinge or inflamacion. Sorenesse happeneth of humours sharpe and gnawinge, as after great exercise and labours whiche lassitude hapneth to them, whose bodies are ful of yll iuyce and excrementes. Also after cruditie in them whiche are not exercised, or do abyde longe in the heate of the sunne. It maie also be in the bodie, wherein is good iuyce, if he be fatigate with immoderate exercise. In them, whiche do feele this lassitude, the skinne appereth thicke & rough, and there is felt a griefe sometime in the skinne onely, sometyme also in the flesshe, as it were of a sore. The cure therof, is by muche and plesant rubbing with swete oyles, whiche haue not the vertue to restraine or close, & that wyth many handes, and afterward to exercise moderately, and to be bayned in water sweete and

Aetius, Lib. 3. Galē de tuenda sanitate Lib. 3

temperate in heate, also than must be geuen meates of good iuyce, potage but seeld, wine is not to be forboden, for vnto wine vneth auy thinge maye be compared, that so well digesteth crude humours: it also prouoketh sweate and vryne, and maketh one to slepe soundlye. But yf thys lassitude do abide the night and day folowinge, or waxeth more and more, than if the patient be of good strēgth and yonge, and hath abundance of bloud, let him be let bloud, or prouoke the hemorroydes or piles to blede, if they do appere. but if it procede of the malice of any humour, without abundaunce of bloud, than resorte to purgations, apt for the humour that greeueth. The tokens wherof shall appere aswell by the colour of the skinne and diete precedinge, as by vryne. ordure, sweate, thyrst, and appetite, as it is rehersed before in the complexions. If the yl blud be littell in quantitie, and the crude humours abundant, than shall he not be let bloud, nor vehemently purged, neither shall exercise or moue him self, nor be bayned. For all exercise carieth humours throughout all the body, and stoppeth the powers. Wherefore these maner of persones should be kept in reste, and suche meates drynkes and medicines should be geuen to them, whiche should attenuate or dissolue the grosnesse of the humors, without notable heate, as oxymell, barley water, and mulse, yf the patient abhorre not honye. And for as much as in the sayd persons commonly there is aboundance of wynde about their stomakes, therfore pepper, specially longe pepper, or white, is very connenient to be

vsed

bled, and the medicine before written, called di= aspoliticum. When the humours are dissolued, than is it good to drinke white wyne, or smalle claret wyne moderately.

Lassitude extensiue. Cap. 4.

When one thinketh that he doeth feele a swelling or bollyng of the bodye, where in dede there doeth not appere in syght or touching any swellynge, that is called lassitude extensiue, if it happeth wythout exer= cise of vehement mouynge. This doth happen of excessiue multitude of humours whiche doo ex= tend the musculies or fyllettes. In this no sore= nesse is felt, but onely an heuinesse with exten= cion or thrustinge out of the bodye. And because that there is abundance of bloud in the bodye, best remedy is to be letten bloud aboute the el= bowe or ancle, after to be pourged, than to vse soft fricasies with oyles afore rehearsed, after= ward muche rest and tẽperate bathes, and mea= tes lacking sharpenesse, and beinge abstersiue.

Lassitude vvith the felyng of inflam= macion. Cap. 5.

If wythout any mouynge, the musculies and flesche rise vp in the bodie, as it swel= led, with greate peynes and exceadynge heate, than soone after foloweth moste hotteste feuers, except it be preuented by lettynge

of bloud and that in abundance, and almost to sownynge, but it were moze sure to be let bloud twise in one daie, the firste tyme without sownyng, at the next time sowning is not to be feared. If the griefe be in the necke oz head, the bloud must be let of the veyne called Cephalea, oz the shoulder veyne. If it be in the bulke oz vppermost parte of the bodie, than must the veyne be cutte whiche is called Basilica, oz the innermoste veyne. If all the bodie be greeued, than cut the veyne which is named Mediana, oz the middell veyne. If a feuer remaine after bloud letting, than ozder him with the diete of theym that haue feuers, whiche ye shall finde wzitten hereafter. If no feuer remayne, than vse moderate fricasies, and littell eating, and that of meates hauing good iuice, increasinge by littell and littell to the naturall diete.

Diete of them that are ready to fall into sickenesse. Cap. 6

NOw to retourne eftsones to speke of diet it is to be remembzed, that they, which are readye to fall into diseases, they are pzepared therunto either by replecion of superfluous humours, oz els by cruditie oz malice of humours which are in them. As touching the first, the generall diete must be suche, as thereby the humours maye be attenuate, and by conuenient euacuation, bzought to a moderate quantity As foz the seconde must be cozrected with meates & dzinkes of the contrary qualities, hauinge alwaye

alwaye respect to the age of the person, tyme of the yere, place of habitacion, and moste specyally the vniuersall complexion. For choler offending in an olde mannne, in winter tyme in a colde countrey, or the person beinge of his naturall complexion, fleumatike or melancholye, would not be so aboundantly expulsed or subdewed, as if it be in one younge and lusti, in the hotte sommer, in the countries, where the sunne feruently burneth, or the person of his proper nature is verie cholerike. And in likewyse contrarie. Wherefore euery man, knowinge hys owne naturall complexion, with the qualitie of the humour that offendeth, let hym make temperaunce his chiefe coke, and remembringe that whiche I haue before declared, ordayne to hym selfe suche diete, as maie reformne the offence with none or littell annoyance to his vnyuersall complexion. And if he can so do, he shall happyly escape, not onely diuers sicknesses, but also the most pernicious danger, procedinge of corrupted drugges or spices, whereof some couetous potycaries do make medicines, maugre the heades of good and well lerned physicions.

Sickenesse most common to particuler times of the yere and ages. Cap. 7.

ALthough I do not intend to write of the cure of egritudes or sicknesses confirmed as wel because it might be reputed in me a great presumpcion, as also for as muche as it were very perillous: to diuulgate that

noble sciẽce, to common people not lerned in liberall sciences and phylosophye, whiche be required to be sufficientlye in a Physicion. And moreouer, manye bookes of Hyppocrates and Galene ought to be radde, before that one doo take vpon him the generall cure of mennes bodies: yet not wythstandinge, I truste I may without anie note of arrogãce write, what diseases doo most commonly happen in sundry tymes of the yere and ages of men and women, with some significacions, wherby the dyscrasie or distemperature of the bodye is perceyued, to the intentent that the physicion being far of, may be truely informed, considering that vrines far caried, do often deceiue them, and likewise lacke of the sight of the paciente, and inquisicion of thinges, whiche do precede or folowe the sickenesse. And with this I truste none honest and charitable physicion wyll be offended, but rather geue to me thankes for my diligence, in the aduauncinge of their estimacion, whych by lacke of perfect instruction hath ben appayred.

¶ Sickneſſe of ſpringe tyme.

¶ Diſeaſes proceding of melancholye, as madneſſe, fallynge ſickeneſſe, bleedinges, quynces, poſes, hoarſeneſſe, cowghes, lepryes, ſcabbes ache in the ioyntes.

¶ Sicknesses of sommer.

¶ Many of the sayed diseases, also feuers continuall,

tinuall, hotte feuers, feuers teracine, quartains, vomites, flyxes, wateringe of eyes, peynes of the eares, blysters and soares of the mouth and sweattinges.

¶ Sicknesses of Autumne.

¶ Diuers of sommer sicknesses, also oppilacions of the splene, dropsies, consumpcions, strangulion, costiuenesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowelles, fallyng sickenesse, and melancolike diseases.

¶ Sicknesses of wynter.

¶ Stitches and griefes in the sides, inflamacion of the lunges, reumes, coughes, peynes in the brest, sides, and loynes, head ache, and palseys.

¶ Sicknesses happyng to childzen.

¶ Whan they be newe borne, there do happen to them sores of the mouth called Aphte, vometyng, coughes, watchinge, fearefulnesse, inflamacions of the nauell, moysture of the eares.
¶ Whan they brede teeth, itchynge of the gummes, feuers crampes, and laskes.
¶ Whan they ware elder, than be they greeued with kernels, openesse of moulde of the head, shortenesse of wynde, the stoane of the bladder, wormes of the bealy, waters, swellynges vnder the chinne, and in England commonly purpples, measels, and small pockes.

¶ Sickes

¶ Sickeneſſe happyng to yong men from xiiii. yeres of age.

¶ Feuers cotidiane, terciane, quarteyne, hotte feuers, ſpitting or vometinge of bloud, pleureſies, diſeaſes of the ſides, inflamacion of the lunges, lethargies, franſie, hot ſickeneſſes, cholerike paſſiõs, coſtiueneſſe of vehement laſkes.

¶ Sickneſſe of Age.

¶ Difficultie of breath, reumes with coughes, ſtrangulion, and difficultie in piſſinge, ache in the ioyntes, diſeaſes of the raynes, ſwymmynges in the head, palſeyes, itchinge of all the bodie, lacke of ſleepe, moyſture in the eyes and eares, dulneſſe of the ſyght, hardneſſe of hearinge, tiſickeneſſe, or ſhortneſſe of breath.

¶ Although many of the ſayde ſickeneſſes doo happen in euery tyme and age: yet becauſe they be moſt frequent in the ſayd tymes and ages, I haue written them, to thentent that in the ages and tymes moſt inclyned vnto them, ſuche thinges mought be than eſchewed, whiche are apte to ingender the ſaid diſeaſes.

The generall ſignificacions and tokens of ſickeneſſe. Cap. 8

IF the bodie be hotter, colder, moyſter, drier, leaner, fuller. the colour more pale or ſwarte, the eyes more holowe than is accuſtomed to bee, it ſignifieth that the body is diſpoſed to ſickneſſe or alreadye ſicke.

¶ The

The braine sicke.

Rauynge.
Forgetfulnesse.
Fantasie.
Humours commyng from the rouse of the mouthe, the eyes, the nose or the eares.
Watche.
Sleepe.

The hearte sicke.

Difficultie of breath.
Tremblynge of the hert.
Beating of the pulse.
Feuers.
Colde.
Diuersitie of colours.
Grieke aboute the herte.

The lyuer sicke.

Lacke or aboundaunce of humours,
The fourme of the bodie altered.
Paleneſſe.
Concoction.
Digestion.
Alteration of excrementes accustomed.
Peyne in the place of the lyuer.
Swellyng.
Difficultie of breath.

The

The stomak sicke.
- Concoction slowe or quycke.
- Appetite of moyst or dry, dull or quicke.
- Separacion of excrementes moist or harde wyth theyr colours.
- Yexyng.
- Belking.
- Wometyng wyth peyne and difficultie of breth.
- Urine much or litell with the colour and substãce to redde or to paale, to thicke or to thinne.

The breast sicke.
- Difficultie of breth.
- Cowgh.
- Spitting.
- Peyne in the breast.

¶ This haue I written, not to geue iudgement therby, but only for the pacient to haue in a redynes, to thintent that what so euer he feleth or perceyueth in euery of the said thinges, therof to instruct his phisicion, wherunto he maye adapte his counsayle and remedies.

¶ Of Urines. Cap. 9.

FOrasmuch as now a daies the most cõmon iudgement in sickenes is by urines, whyche being far caried or much meued or stãding longe

longe after that it is made, the fourme therof is so altered, that the phisicio shal not perfitly perceyue the natural colour, nor cõtentes, although it be neuer so well chauked at the fire, as Actuarius and other great lerned men do affirme. I wyll therfore somwhat speake of vrines, not so muche as a phisicion knoweth, but as muche as is necessarye to euery man, for to perceyue the place and cause of his griefe, whereby he maie the better instruct the phisician.

¶ Fyrst in vryne, foure thinges are to be considered, that is to say, the substaunce, the colour, the regions or partes of the vrine, and the contentes or thinges therin conteined.

¶ Also forasmuche as in the bodye of man bee foure qualities, heate, colde, moysture, and dryeth, two of them, heate, and colde, are causes of the colour, dryth and moysture are causes of the substaunce.

¶ Moreouer in vrine, being in a vessel apt therunto to be seue, ar thre regions. The lowest region in the bottom of the vrinal, conteyning the spaces of two fingers or litel more. The myddel region, from whense the lowest ended vnto the cerkle. The highest region is the cerkle.

¶ The highnesse of the colour signifieth heate: the pale, blacke or grene signifieth cold.

¶ Also the grossenes or thickenesse of the vryne signifieth moysture, the clerenes or thinnesse, signifieth dryeth.

¶ The colours of vrines.

¶ Colour of bright gold. } Perfite digestion.
Colour of gylt. }

Red

Red as a red aple or chery.
Base redde, like to bole ar menake, or saffron drie.
Redde glowing lyke fyre.
} Excesse of dygestion.

Colour of a beastes lyuer.
Colour of darke red wyne
Grene lyke to colewortes.
} Adustion of humours.

Leaddy colour
Blake as ynke.
Blacke as horne.
} Feblenes or mortification of nature, except it bee in purgeyng of melancoly.

White clere as water
Gray as a horne.
White as whay.
Colour of a camels heare.
} Lacke of digestion.

Pale lyke to broth of flesshe sodden.
} The beginnyng of dygestion.

Citrine colour or yelow.
Subcitrine or paler.
} The middel of digestion.

Whyte and thynne betokeneth melancoly to haue dominion.

White and thicke signifieth fleume.
Redde and thicke betokeneth sanguyne.

Red and thinne betokeneth choler to haue the soueraygntie.

The substaunce of the vryne. Cap. 10.

AT the first pissinge, all vrines well nighe do appere thinne, as longe as they abide warme, for naturall heate, duringe the time that it prevayleth, suffreth not that the lycour, whiche is the substance of the vrine, to congele or be thicke for any occasion: but after that heate is gone, some Vrynes shortelye, some a longer time after, ware thicke. Likewise some tyme, some are pysted thycker, and after war clere, some remaine stil as they were made, some be meetely thicke, as they were troubled, some very thicke and grosse. They that ware clere, sone do gather that, whiche is thicke into the bottome of the vrinall: some remayne troubled, the grossenes not withstandinge gathered in the bottom. Semblably the diuersitie of thin or subtyll vrynes, must be perceyued, that is to say, that some are very subtyll as water, some lasse subtill, some in a meane betwene thicke and thinne.

¶ Of thinges conteyned in the vrine, some do discend downe to the bottome, and be called in a greke word Hypostasis, in englyshe some call it the groundes, some the residence, which if it be white, lyght rising vp from the bottome of the vrinall, like a peare, it signifieth helth, if it be of any other figure or colour, it betokeneth some a noyance. If like thinges be seene in the myddell of the vrinall, they be called sublacions, if they approche vnto the hyghest region of the vryne,

they be named cloudes, in latine Nebulæ, The groundes or residences not perfect, some is lyke lyttell red vetches, and is called in latine Orobea, some is lyke to bzanne of wheate grounde, and seuered from the meale, and is called bzanne residence, in latine Furfurea, some be lyke vnto plates, hauing bzedth and length without thickneſſe, and maie be named platie residence, in latin Lamina, som is lyke to meale, wheate, or barley, and may be named mealy residence, in latine Similacea.

¶ There is also seen in the bzyne lyke to whyte heares, some longer, some shorter, somtyme lyke to ragges, somwhat redde. There is also seene in the vppermoſt part of the vzine, sometyme a some or froth, somtyme belles or bobbles, some tyme there swymmeth in the vzine a thinge lyke a cobwebe, otherwhile there is about the cerkle, as it were the renting of clothe, somtyme there is in the vzine lyke motes of the sunne, somtime like the matter of a sore, otherwhile like the sede of a man, also graueil or sande. And in theſe thinges maye be diuers colours, some whyte, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All this muſte be diligently marked, and therof separately to aduertiſe the phyſicion, vnto whome I referre the iudgement of the sickeneſſe, for the cauſe afore rehersed, and for as muche as the iudgement of them is very subtill.

¶ Semblablye of ordure, whether it be verye thinne or very thicke: what other marter iſſueth out with it, what colour it is of, the sauoure

verye

very great littell or none, if it were easylye expulsed, or peynefullye, howe ofte or howe seldome.

¶ Moreouer of sweate, what colour it is of and of what sauour, yf in tastinge it be salte, sowre, bitter or vnsaueric.

¶ Also the vomite, if it be of one colour or manie, if it do smell horriblie, of what humour it had most abundaunce, yf it were fastinge, or after meales, if it were peynefull or easie.

¶ Lykewise spettill, whether it be thicke or thinne, or myxt with bloud, or matter corrupte, accordingly of the humour issuynge out at the nose, and yf that the bloud, than whether it be redde, watrie, or blacke.

¶ Moreouer, it may not be forgotten, to aduertise the physicion of the diet vsed by the patiente, as well afore the sickneſſe, as in the tyme of the sickneſſe, his age, the strengthe of his bodie, hys exercise, and place, where he lengest abode in his youth, whether it wer hie or low, watrie or drie, hotte or colde,

¶ This I truste shall be sufficient to instruct a physicion: he that desireth to knowe more particulerly hereof, let hym reade the bookes of Hippocrates, Galene, Cornelius Celsus, Actuarius, Paulus, and dyuers other late writers, for this littell treatise maie not receyue it.

The fourth

The preceptes of the auncient phisicion Diocles vnto kinge Antigonus. Cap. II.

VVe wyll now deuide the body of man into foure partes, the head, the bulke, called in latine. Thorax, whiche conteyneth the breast, the sides, the stomacke, and entraples. The bealy, called in latine Venter, conteineth in the baunche and bowelles. Also the bladder, called in latin vesica, in the which name is also conteined the conduites, by the whych vrine passeth. Whan anye disease approcheth to the head, these tokens doo commonlye procede, swimming in the head, head ache, heuinesse of the browes, sounding in the eares, prickynges in the temples, the eies in the morning do water or ware dymme, the smelling is dull, the gummes do swell. Whan thou seelest suche tokens, forthwith pourge the head with somewhat, not with vehement medicines, but taking Isope or Organum, and the croppes of them boyle with white or claret wine, halfe a pynte, and therewith gargarise your mouth fastinge, vntyll the fleume be pourged out of your head: this is the easiest medicine in diseases of the head. It is also very holsome to gargarise the mouthe and breast with hony water, where into mustarde is put and myngled, but first the head must be rubbed with a warme clothe, that the fleume maye easily come out of the head. And if these tokens be neglected, these maner of sickenesses doo follow soone after, bleared eyes, and humours lettynge

eyng the sight, clefftes in the eares, swellynges in the necke full of matter, called the kinges euill, corrupcion of the braynes, poses or reumes heuinesse of the head, and toothe ache.

When the bulke is like to suffer anye sickenes. it is perceyued by these tokens, al the body is in a sweat, the bulke most specially, the tong waxeth thicke, the spittel is eyther salte or bitter, or cholerike, the sides and shoulders do ake wythout any occasion, the pacient gapeth often, also there doeth happen muche walkinge, suffocacions or lacke of breth, thirst after slepe, the mind is vexed with heuinesse, also the breast and armes are very colde, and the handes do tremble. Against these thinges this remedie may be prouided After a moderate supper assay to vomite without any medicine, vomite is also profitable, whiche meate doth folowe. He that in suche wise will vomite, let him eate hastily small radishe rootes, townkerses, roket, senuy, or pourslane, and drincke after it a greate quantitie of warme water, and prouoketh him self to vomit. He that setteth littell by the sayde tookens, let hym feare these sickenesses folowinge, the pleurisy, the sickenesses of the longes, melancholy or madnesse, sharpe feuers, the frantse, the letargie, inflamacion with peryng.

¶ If anye sicknesse be towarde the bealy, they may be espied by these tokens, the bealy is fyrst wrapped together, and in it selfe is troubled, al meates and drinkes doo seeme bitter in taste, he feeleth heauinesse in his knees, a stifnesses in his loynes, a wearinesse in all his bodye, without

any occasion, a sleepinesse in his legges, with a littell feuer: whan thou feelest these tokens, mollify the bealy, not with medicine, but with good order of dicte, for it is best and moste sure to vse those thinges, wherof lyghtly maye ensue none annoyance, in the noumbre of theym are beetes boyled in water of honye, garlyke sodden, mallowes, sorell, mercurie, and all thinges condite in honie. All these doo expell the ordure of the bealy, but if any of the sayde signes dooeth more and more increase, the liquour, wherin the sede of Carthame, called also Cnicus, is boyled is a pleasaunt sure medicine, small tolewortes boyled in a good quantitie of water, the lycour therof in measure two pintes, sauinge the thirde part of a pynte, with hony and salt being dronken shall profite muche. Cicer, and the pulse called in latine eruum, in englishe I suppose (chittes, in water dronke fasting, hath the same effecte. To them, whiche set littell by the sayd tokens, these diseases do sodenli happen. Flure of the bealy, bluddy flur, slipperneſſe of the bowels peynes in the guttes, ache in the huckle bones, the feuer tertian, the goute, the apoplexie or palsie in the limmes, hemorroydes, aking of ioyntes ¶ Whan the bladder is towarde any sickneſſe, it is perceiued by these tokens, fulneſſe felt after littell meate, breakinge winde downwarde and vpward, paleneſſe of colour in all the bodie, henie or troublous slepes, the vrine pale, and passing forth peinfully, swellynges aboute the codes and priuie membres. Whan these tokens appere, than is it expedient to haue remedy of odo-

riferous

riferous thinges, which do expell vrine, whyche shall be doen without any perill, with the rotes of fenell and persely stieped one or two dayes in good white wyne, and to drinke therof fastynge euery morning three ounces and two drammes, with the water of wilde carrettes, or elicampane whiche of these is next at hande, euery of them haue lyke effecte. Also water wherein the pease called in latine Ciceres, are stieped, being dronk with wyne, is like commodious: he that neglecteth the sayd tokens, let him loke for these sicknesses folowinge, the dropsie, the greatnesse of the splene, griefe in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultie of vrine, fulnesse of the bealy. In all these thinges that we haue spoken of, wee shall geue to children most easie medicines, to menne, those whiche be stronger in workinge. This diete of Diocles, although at this tyme it seemeth not moste pleasaunt, nor accordinge to the practise now vsed, yet being tempted with that whyche I haue before remembred, some thinge may be found in it, whiche being experienced, maye be as commodious for the helth of mans body, as that diete whiche is more curious or pleasaunt.

Of them in vvhose stomakes meate is corrupted, Cap. 12.

THey in whome customablie meate is corrupted, let them afore that they eate anye meate assaye to vomite, drinkinge sweete wyne, abstein from meate, that ingender

botches, inflamacions, fumouſe ructuacions or vapours, and take ſuche as nouriſſhe good iuyce, and chooſe them out which do mollyfie the bealy, and at ſundrie tymes take theym. It is alſo good to take temperately that whiche looſeth the bealy, as the medicine called Picra, and to abſteyne from ſuche thinges wherby yll iuyce is gathered, and doo ingender ſickneſſes, harde to be cured or neuer, as goutes, bone ache, peynes of the raynes. &c.

Of the vertue of meates. Cap. 13.

HE that is ſtudious about the conſeruacion of helth, he nedeth to know the vertue of meates. The meate which hath vertue to extenuate, or make humours ſubtill, it openeth the pores, and bringeth forth that whiche is faſt in the fleſhe, it maketh that whiche is clammy, ſubtill, and doeth extenuate or relente that whiche is fat, it bringeth forth that whyche abydeth long in the bealy, but that which is eaten, is a ſuperfluitie watrie and cholerike, and at length maketh melancolike bloud. Wherfore muche vſing of them is prohibited, ſpecially to theym that are cholerike, and onely ſerueth for them that are replete with fleume, crude or vndigeſted humours, clammie or fatte. The diet of fatting thinges doeth noriſhe abundauntlye, ſo that the ſtomake and lyuer do digeſt well. meate of good iuice, maketh good blud, but yet it ſtoppeth the lyuer and ſplene. Theſe do they, whych make fatte humours onely, as the pulſe called

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Lenticula, and they that are clymie lyke malo⸗ wes, some do make fatte humours, and be al⸗ so clymie, as fishes with harde shelles. Finally the diet, whiche doth extenuate and make leane, is more sure for keping of helth, than that whi⸗ che fatteth much. Nourishing meates would be therefore moderatelye vsed, whan a man per⸗ ceiueth him selfe to haue nede therof, it may be moste surely vsed of them that be exercised tem⸗ perately, and can slepe whan they list. They that can not slepe by reason of exercyse, let theym es⸗ chewe fatting meates, let none ydell person at⸗ tempt to vse them. In the preseruacion of helth, sluggardie is the greatest myschiefe. Lyke as temperate mouinge is good, so is the meate whiche betweene thicke and thinne, is to mans healthy most conuenient, whiche in⸗ gendreth bloud, according to the compe⸗ tent constitucion of mans bodye, and therfore it is to be chefly vsed. Meate of yll iuyce is alway noyful, wher⸗ fore it ought to be eschewed. Like wise the varietie of meates is to be obserued diligently, for it is a great thing to couple well together thinges of contrarie vertues, for if they bee not well digested, that why⸗ che is receyued, maye bringe dyspea⸗ sure.

A diete

¶ A diete preseruatiue in the tyme of pestilence. Cap. 14.

THe bodies most apt to be infected, are specially sanguine, next colerike, than fleumatike, last melancolike, for in them the humour being cold and drie is most vnapt to receyue putrifaction, hauinge also strayte passages, by the whiche venym must passe. The diet conuenient for that time is to abstaine from meates, inflamyng and openinge the poores: also from heate of the sunne, from to muche heate or fyre, or garmentes, from euery hot herbe, and muche vse of tart thinges, excepte onyons and eikory or radishe with vyneger, for they doe resyst against venime, from wyne very fumysshe, exercise incontinent after meales, from sweatinge, from all thinges that wyll cause oppilacion and putrifaction, from thinges hotte and moist, where moisture hath the dominion in degree, specially being not sufficiently boyled, also from mylke, except it bee in a lyttell quantytee, and that with a lyttell sugar. Fruites and herbes colde and drie, and therewith soure or somewhat bitter, are not prohibited. If ye eate figges, grapes, or swete cheries, eate after theim of an orenge with salt. If ye eate thinges colde and moyste, as cucumbers, melans, fysshe soft and freshe, or damsyns, eate by and by after, some fenel and orenge with salt, drinking therwith a draught of good wyne. Beware of mussheroms, muche purslane, gourdes, and all other thinges, whiche wyll soone putrifie: not

wyth

withstandinge, I wyll not forbid eating of lettyse, with a fewe myntes, or myrte with cynamom. All thinges sowre are commended, aswell in diete conseruatiue, as in that whiche is curatiue or healeth, excepte where there is straitnesse of the breast, or weakenesse of the stomake, then ought they to be tempred with sugar, salte, almond mylke, cynamom, pepper, fenell, saffron, egges, and some thing that is fat or vnctuous. Capers are good to be vsed with vineger. Chese very fatte and salt, is not commended, no more is colewortes, or any kinde of pulse, except chittes: great peason, rapes, nor spynache is good. Also there be forboden rokat and mustard, muche wyne and egges, except they be eaten wyth sorell sauce, vyneger or iuyce of orenges, persely, and also parsnepes be good. New wynes be noyfull, let the meate be somewhat more than drinke, but yet sustein not to muche hunger nor thirste, beware of lecherie, of a cloudie weather and close, eschue muche resort of thyong of people. wyndes commyng from fennes or moores: from sleape at none: vse wyth your meate this pouder, saunders redde, halfe an ounce, cynamom thre drammes and a halfe, saffron halfe a dramme. After your meate, eate a littell of coriander sede, wel prepared. In the morninge at a temperate fyre kembe your head backewarde, clense your body and head of all superfluities, vse also moderate fricasies, with sweete parfumes and odours, washe oftentymes your face and handes with pure vyneger myrte wyth rose water. In colde weather myxe it wyth myntes

baulme,

bauime, rue or myrtes, and sometyme with cloues. In hotte sommer with roses or violettes. Aboue al thinges vse to make whitte wyne good white vyneger roset, water of roses, in equall porcions, put therevnto a littell setuall, or of the rind of a citron, and drinke therof a littell, and oftentymes washe therewith your handes and vysage. Medicines preseruatiue against the pestylence, whiche be alwaye moste redy, are these a fygge with rue, and a walnut eaten fastynge, also tryakle, or mithridate, to olde men a dr̄ame weyght, to younge men halfe a dramme, or a scruple dissolued in vineger and rosewater, or in water of tormentyll, scabiose or baulme, yf the plague be in sommer, if it be in wynter, put to the waters some white wyne. Also the pylles called commonlye Pillule Rasis (but in deede they were inuented by Rufus) are very excellent specially if the aloe, whiche is in it, be washed, and therevnto added a littell Bolus armenus, et terra sigillata. And if the person be of hotte complexion, a quantitie of sorell seede, and red corall, this confectioned with syrope of citrons, in colde complexions, or to olde men wyth wyte wyne, vse them euery thirde daye, one pyll at a tyme, three howres or foure afore dyner or supper. If ye take tryakle or Mithridate, absteyne from meate at the least syre howres after. A piece of the roote of setuall, borne in the mouth, preserueth from infection. In likewyse doeth sorell chewed fastinge, and the iuyce sucked downe. To poore men Marsilius was wonte to geue a toaste of breade steped in vyneger,

wyth

with a piece of an onyon or rue. All thynges whiche be cordiall, that is to saye, whiche doo in any wise comforte the hert, doo resist pestilence, vehement anger, or heuinesse, be very pernicious. Other more exquisite and costely preseruatiues, I pourposely passe ouer. whiche Marsilius, and other phisicions doo write of abounddauntly, for as muche as I desyre to be in thys worke compendious. One thynge I had almoste forgotten, that there is no better preseruatine, than to flee from the place corrupted, betyme and farre of, and to lette none approache you, that hath made their abode, where the plague is feruent. Moreouer, receyue not into your house any stuffe, that commeth oute of a house, where in any person hath been infected. For it hath bene sene, that suche stuffe, lying in a coffer faste shutte by the space of two yeres, after that the coffer hath bene opened, they whiche haue stande nygh to it, haue been infected, and soone after haue dyed. But here I alwaye except the power of God, which is wonderfull, and also mercyfull, aboue mans reason or counsell, preseruyng or strikinge whome, whan, and where it shall lyke his maiestie, to whome be glorie and prayse euerlasting. Amen.

¶ Thus make I an end of thys treatise, desiring them that shall take profite therby, to defend it against enuiouse disdayne, on whome I haue set the aduenture, for the loue that I beare to my countrey, requiring all honest phisicions to remembre, that the intent of my labour was, that men and women reading this worke, and

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obseruyng the cousayles therin, shoulde adapte therby their bodies, to receyue more sure remedie by the medicines prepared by good Physicions in dangerous sicknesses, they kepinge good diete, and informing diligently the same physicions of the maner of their affectes, passyons, and sensible tokens And so shall the noble and moste necessarie science of phisicke, with the ministers thereof, escape the sclander, whiche they haue of longe tyme susteyned, and according to the precept of the wyse man, be worthily honoured, for as muche as the highest God dyd create the physicion for mans necessitie And of the earth created medicine, and the wyse man shall not abhorre it. Thus fare ye wel gē till readers, and forget me not with your good report, and praye to God that I be neuer worse occupied.

Finis.

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Cum priuilegio ad impri-
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